



Polio Outreach Of Washington

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Summer 2008

Volume 22 - Issue 3

Polio Outreach of Washington
4704-235th Street East
Spanaway, WA 98387-6162
1-800-609-5538

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.



12th Annual Polio Survivors & Supporters Picnic Sunday, August 17, 2008

What's Inside

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Mark Your Calendar!

- * August 17 - Twelfth Annual Picnic
- * September is Polio Awareness Month
- * Sept. 26-27 Fall Business Meeting

Newsletter Deadline:

The deadline for the next issue of POOW newsletter is Monday, September 1.

You are invited to join us for our 12th Annual Picnic hosted by the Renton/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 Barbecue for \$10 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 the activities. In addition to our meal, there will be lots of time for chatting, games, and a balloon toss. Carl Larson will head-up the wheelchair and scooter races.

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.

Make your reservations by returning the registration form on page 2 by Wednesday, August 6. Please make your check payable to Polio Outreach Of Washington.

(Picnic Information continued on Page 2.)



Polio Outreach of Washington

Picnic Registration

Sunday, August 17, 2008

Please RSVP by August 6th, 2008

Name _____

Phone _____

Longhorn Barbecue lunch at \$10.00 each

TOTAL RESERVATIONS: _____

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

E-Mail: poow85jmc@msn.com

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' ST be in the
right-hand lane to take Howard RD.
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.

**Longhorn Barbecue
Lunch Menu**

Barbecue Spare Pork Ribs and
Barbecue Chicken
Barbecue Sauce
Barbecue Beans
Potato Salad
Cornbread & Honey Butter

South King County Support Group
Picnic committee made arrange-
ments to provide
additional items:

Silverware, Plates, Napkins
Coffee

Yummy!



Great appreciation is extended to the South King County Support Group, under the leadership of Mimi Sangder, and the picnic committee for all the effort to make this year's picnic a delicious and wonderful time for those who attend. Don't miss this one!

We Have Mail!

I am overdue to write and send some money but time flies and I don't! I am currently slowly reading Doctor Halstead's book *Managing Post-Polio*. I'm still learning a lot. Like in February I was diagnosed with breast cancer ... but that discussion left me with the feeling it might be safer than the surgery. I commented to the surgeon to whom I was sent that, "Gee, if it could only not be 'so dangerous', no general anesthetic but just a local like dentists use." He answered, "We could do that." So we did; breast lump and a bit more; then a repeat to get some lymph nodes. I was always awake; I never even got groggy (not even when the hospital charged both times for a general anesthetic.) He also thought about what I said.

Cancer Society booklet said, "don't just stay in bed despite having cancer I continue to have so much fatigue, presumably due to Post-Polio, that I decided to skip radiation. I have already had all the fatigue I could manage. I also declined chemo though I never even heard of "chemo brain" till last week and how it can leave you ill and pretty much out of it for months afterward. I found out there is a new drug that helps.

I wear long-sleeved sweaters, sometimes two, and the sleeves don't stay out of my way and also get dirty. I cut the tops off a pair of knee stretch socks and use those as cuffs over the sweaters. It sure works well. The sugar-free starlite peppermints at Top Foods are great for dry mouth day or night. Now I'm experimenting with Biotene mouthwash for night since I am having extremely dry mouth, nose and eyes. I also use AARP artificial tears. Dr. Pamela Cowell in Puyallup is good and understands about polio. Her dad was involved in the vaccine trials in Michigan.

Loraine Burdick
Puyallup, WA

ADDRESS CHANGE

I enjoy and look forward to reading your newsletter. I have moved and am hoping you can make an address change for me to ensure future reading.

Thank you in advance!
Sandra Donnellan, Venice, Florida

NEW MEETING TIME

Jim Hueston
Clarkston, WA

Hi! We are changing our meeting day in order to try to get more attendance. We are losing our older members as they go to the other room or become less able to get around. We still have 32 members and I send a bulletin every month, but the number who can get here is dwindling. Just like the medical researchers have stated, the Post Polios are an older generation who will be gone before we can find a cure so let's concentrate on cures for a younger population. Anyway we will now be meeting on the fourth Saturday rather than the third, still from 1:00 PM to 3:00 PM and still at Tri-State Hospital.

NEWSLETTER APPRECIATED

The POOW Newsletter you so kindly sent me was very informative. Enclosed is a check to cover a year's subscription. At this time I haven't found a doctor who believes in PPS. All the info in the Newsletter was fascinating and new to me. I have always just taken my polio and condition in stride and ignored the new weakness. Thank you for your speedy mailing of the newsletter. I learned a lot.

Delores Conway
East Wenatchee, WA

NEW POST POLIO SUPPORT GROUP

Paul Tucker

The Port Angeles Post-Polio Group now meets from 10:30 am to 12:30 am, on the fourth Friday, of every odd numbered month, at the Sequim Library (630 North Sequim AVE, Sequim, WA). The new group is called North Olympic Peninsula Support Group. If you live in the Sequim area and want to join a Post-Polio Support Group contact Paul Tucker 360-452-6487 and/or Elizabeth Sump 360-681-2181.

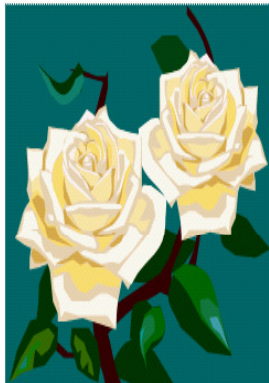


E a S y MoNeY!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donation add up!

GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you uplace an order, you'll be supporting your favorite cause. GoodShop and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter "Polio Outreach of Washington" as the charity you want to support. And, be sure to spread the word!



Did you know?

According to the Department of Defense website (www.defenselink.mil) 96% of Iraqi children under the age of 5 have received the first two series of polio vaccinations.

Happy Birthday to us!

Polio Outreach of Washington is celebrating twelve years since its incorporation. Thanks so much for all of you who have given so much to Polio Outreach of Washington. Remember we are still searching for new Polio Survivors.

The Golden Rule

The Post-Polio Precept we call "The Golden Rule" -- the fundamental tenet that underlies all PPS treatment:

IF ANYTHING CAUSES FATIGUE, WEAKNESS, OR PAIN, DON'T DO IT! (OR DO MUCH LESS OF IT.) *The Paradox Book, by Richard L. Bruno*

Quarterly Question Quiz:

How many famous people can you name that are polio survivors?

Submit your list to the newsletter Team at frydaze@verizon.net using 'polio survivors' in the subject line.

Polio Outreach of Washington Disclaimer: *People who had Polio and are experiencing new symptoms need to be assessed by medical professionals who are experienced in Post-Polio to determine what is wrong and to give correct advice. Take what you believe to be relevant to your medical professional. It is the intention of Polio Outreach Of Washington to make all the information we collect available regardless of our views as to its content. We do not accept liability for any damage resulting directly or otherwise from any error introduced in the transcription, or for any damage resulting directly or otherwise from the information available herein. The opinions expressed in this newsletter are those of the individual writer and the inclusion of a document in this newsletter should not therefore in any way be interpreted as an endorsement or approval.*

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Press the Button on the Phone or Call 911

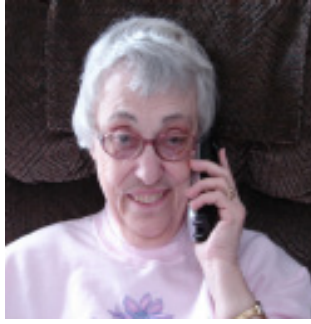
by Joan Stocker

Snohomish/North King County

Support Group

Polio became a part of my life at the age of 8 in 1949 when I was living in Snohomish, WA.

It has affected my breathing and swallowing. Recently while I was ill, I tried to eat some chicken rice soup. When swallowing the first bite, I choked on a grain of rice and really scared family members who happened to be staying with me that night, along with scaring myself. Breathing was very difficult, and I could not speak to explain what was happening to me.



Later, when I told my doctor about the incident, she asked if I had called 911. When I told her I had not, she asked, "Why?" I explained that I would not have been able to tell them what was wrong or where I was located. She reminded me it was not necessary as they would know by the phone number what my address was and would respond, even if no one spoke into the phone.

Some telephones come equipped with a button that dials 911 for you if it is a land line. I guess I had just panicked so I did not remember to press the button on the phone.

Hopefully, I will never have to use that feature, but if I do, I will call 911 or press the button.

Hulda Klager Lilac Gardens in Woodland Washington

By Carl Larson

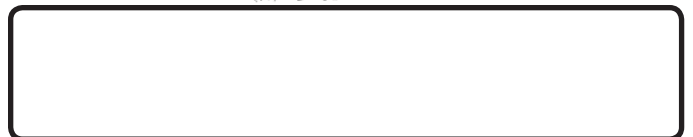
This story begins about fifteen years ago:

The personal home computer was becoming popular so that contact with polio survivors around the state became easier than letter writing. Friendships were formed with statewide support groups. A survivor on the west side of the mountains suggested we have a face-to-face meeting. We decided to meet at Hulda Klager's Lilac Gardens.

The four plus acre gardens were at one time part of a large pioneer farm established in 1877. Mrs. Klager began working with lilaces in 1905. The beauty and fragrance of the lilacs in a tranquil setting are best enjoyed during April and May.

(Continued in next column.)

Our first meeting brought together about a dozen polios plus companions. After enjoying the lilacs we moved to the close-by family restaurant called "The Oak Tree". We had so much fun that we decided to meet yearly. On May 6 Annie and I met past president, Susie Koeser and Lydia Vaachio at the gardens. Lunch at the Oak Tree brought out Elaine Stoner, her husband Paul, daughter Cynthia and also June Strovas from Longview.



Starbucks Coffee and Raised Bed Gardening

Or: How Two Hobbies Came Together in a Joyful Experience

Hobby #1: Coffee

by Carl Larson

Snohomish/North King County Support Group



As a proper Seattleite I'm a long time coffee drinker. When I was young, living on a boat, the first activity of the day was coffee-making. I'd fill the coffee pot with water then toss in some coffee grounds. (If I could afford it, it was Hills Brothers' brand.) The coffee was brought to a boil, and then set on the back of the stove to settle. After drinking one or two cups the pot was put on the back of the galley stove to simmer all day. By dinner time it was a powerful drink I laughingly called "Black Leaf Forty".

Nowadays, coffee is a much tastier drink and involves elaborate equipment and time to brew it just right. I buy coffee beans from small grower co-ops around the world via the internet. Beans come from Mexico, Zimbabwe, Colombia, Java and Sumatra. At home I have a coffee roaster which roasts enough beans for about six cups of coffee. The ideal cup of coffee that suits my taste is made from Ethiopian Harrar beans grown organically (I hope) in Mexico. Coffee is roasted four minutes, ground fine and the water is filtered to remove chlorine and fluoride.

Hobby #2: Gardening

I've been a long time gardener. I remember a few years after the initial onset of polio at age 7 I had a home vegetable garden including a cold frame so I could start plants early in the season. I gardened off and on until post-polio syndrome began to seriously kick in. Finally I gave up walking (and falling) and started using a push wheelchair which I use to this day. This expression of "being confined to a wheelchair" is baloney...it is liberating! Over the years I've traveled around the world in my "Quickie" chair including rolling into some dumb situations which I won't talk about.



I researched the literature on raised bed gardening as well as visiting a man with a spinal injury who had an elaborate raised bed garden in West Seattle. At my home on Mary Avenue in Seattle, I removed all vegetation, including trees, in my backyard and built a network of raised beds 18 inches tall and 4 or 5 feet wide. On the top board I nailed a 2" X 8" flat. I can transfer from my chair to this plank for close-up gardening. Between beds I've surfaced the walkways (rollways?) with brick pavers over compacted sand for good drainage. At random spaces between beds I have 18 inch wide plastic pots where I grow small trees and bushes which soften and make the garden more natural. I like the size of the 18 inch pot because I can push them round with my chair. During the winter I cover my beds with sheets of black plastic. This controls the pesky weeds which grow particularly during a mild winter. Over the last ten years I've grown a surprising amount of veggies, surplus going to neighbors or the Ballard Food Bank. *Two Become One:*

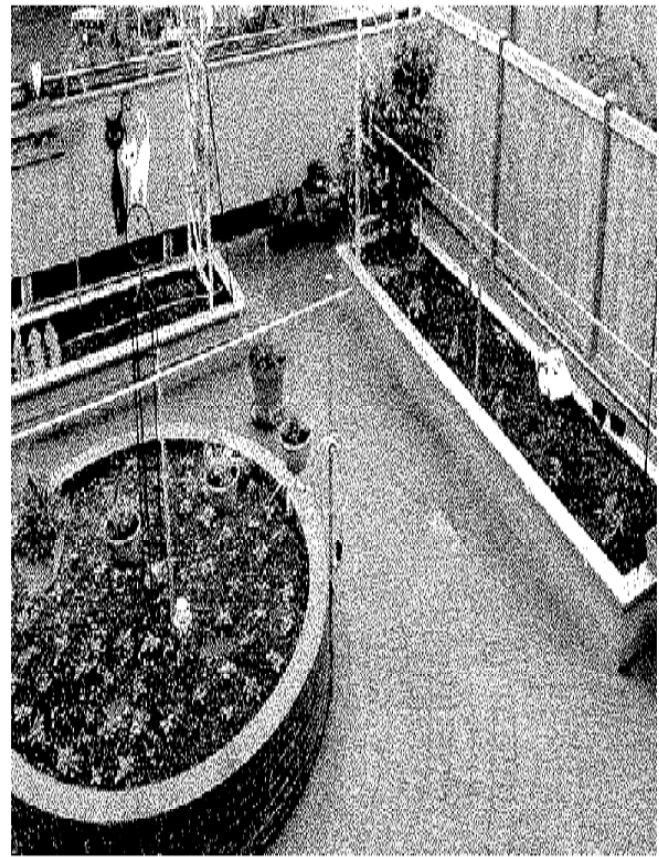
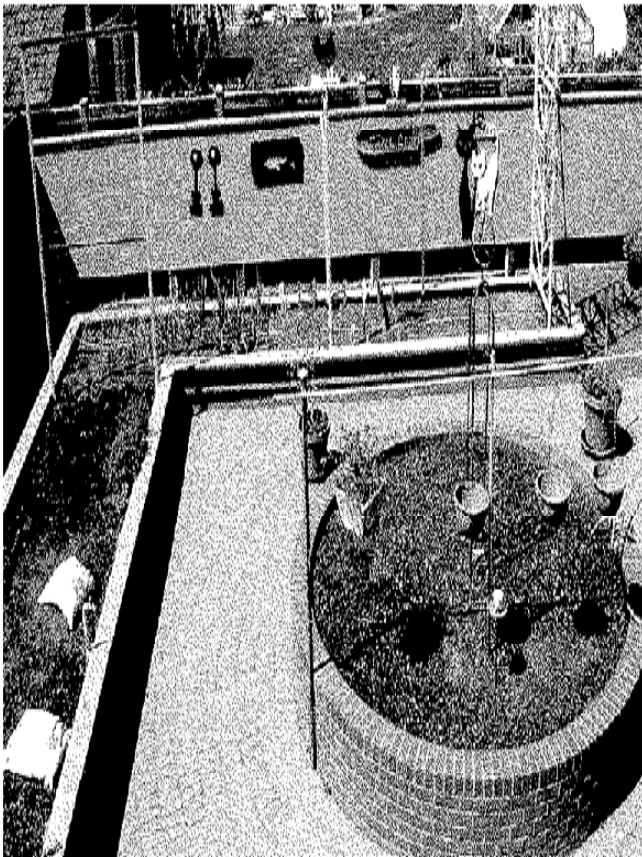
Two years ago, I discovered used coffee sacks to cover my wintertime beds. These sturdy sacks are used to bring 150 pounds of green coffee beans to consumers around the world. Used coffee sacks are offered free

(Continued on Page 7.)

Two Become One: (Continued from Page 6.)

to home gardeners for pickup at Starbuck's roasting plant in Renton. On my first visit to the roaster I came home with a van-load of sacks. Imagine my surprise and delight to discover many so-called empty sacks contained coffee beans! I had 350 coffee sacks PLUS twenty pounds of beans.

During the growing season I work in my garden for a couple of hours, and then I roast enough surplus beans (I call this the Mary Avenue Roast) for a pot full of tasty and flavorful coffee. I sit in my chair overlooking my raised bed kingdom, drinking fresh coffee and think, life doesn't get much better than this for this Old Crip!



FALL BUSINESS MEETING --- SEPTEMBER 26-27, 2008

The best way to know what is happening in POOW or to have your voice heard, is to attend a business meeting. Everyone is invited. Your Board Members and Support Group Leaders will be there. Your interest and ideas are important.

LOCATION: SKYWAY CHURCH OF GOD
7435 S LANGSTON ROAD, SEATTLE

LODGING: Make your own arrangements, please.

Please RSVP by July 15th (even if it is tentative) to:

Bill Veters, Vice President
Email: tjveters@yahoo.com
20400 State Rt. 3
Allyn, WA 98524

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Number Attending: _____

DIRECTIONS:

North-bound I-5:

I-5 to I-405, to 167 take the exit towards Renton/Rainier Ave. South

Follow Rainier Ave. South to Sunset Blvd [about 5 lights]

Turn LEFT onto Sunset

About 1 block, bear RIGHT [there will be a Standard Station on your left]. This road meanders a bit [Lind Ave SW, 134th S, and becomes S. Langston Road]

At the stop sign on Langston Rd, turn LEFT onto S. 132nd, go about 3 blocks [you'll pass a school]

Turn RIGHT onto 76th Ave S. There will be a sign on the left at the driveway for the church.

South-bound I-5

Take Exit #157 [ML King Way/900 E]

Bear LEFT on S 133rd, this becomes S 132nd St

Turn LEFT onto 76th Ave. S

Turn LEFT onto S. Langston Rd

Church sign and drive will be on your left



WE HAVE ROOM ON THE BOARD OF DIRECTORS FOR SEVERAL NEW CANDIDATES!

Elections for the Polio Outreach Board of Directors will be held during the Fall Business Meeting, September 26 and 27, 2008. Positions on the Board are for terms of two years and consist of up to eight Members-at-large plus the four executive positions of Secretary, Treasurer, Vice-President and President. You need not be a polio survivor to serve on the Board, but be someone who is interested in furthering the goals and purposes of our organization.

A slate of candidates and serving members will be posted at the August picnic, hopefully including photos and a short biography.

Following the election, the current Board and newly-elected members will meet to determine which members are to fill the positions of Secretary, Treasurer, Vice-President and President.

We have room on the Board for several new candidates! Those interested in serving on the Board must contact a Nominating Committee member (listed below) as soon as possible!

Rhonda Whitehead lauriswh@msn.com
Larry Christensen lchristensen@wavecable.com
Sue Warren q3suz@embarqmail.com

Please put 'POOW BOARD CANDIDATE' on the subject line of your email.

Members whose terms are ending as of October are: Sue Warren, Bob Miller, Bill Veters, and Larry Christensen.

Board members elected or re-elected at the Fall Business Meeting will serve until October of 2010.

Thank you,

Sue Warren
Sue Warren, President

Polio Outreach of Washington Post-Polio Support Groups

Contact the group leaders for further information.

Benton County

Norma Peters, 509-946-5485, nevers@telear.com

Chelan County

3rd Monday 5:00 - 7:00 pm City Side Cafe in Red Lion, Wenatchee Jim and Sandee Thornton, 509-884-8856 nannygoat1107@charter.net

Clallum County

Sequim Library 630 No Sequim Ave 10:30 to 12:30 the 4th Friday of every odd number month Elizabeth Sump 360-681-2181 oldersumps@webtv.net 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

Kitsap County

3rd Saturday of every other month 1:00 - 3:00 pm Bob and LouAnn Miller, 360-692-1381 rmiller@wavecable.com

Olympia- State Capitol Employees

Larry Julius, 360-426-0100 LJulius600@aol.com

Pierce County

1st Monday 1:00-3:00 pm TACID Bldg-Tacoma No meeting January or July. Marlys Tron, 253-863-9556

Snohomish & North King County

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

Whatcom County

Bellingham St. Joseph Hospital, 3rd Saturday of each month 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@clarkston.com

Support Groups: Encouragement and Information

Now that you have contacted the POOW state office and received your information packet, the next step is to join other polio survivors in regular gatherings to encourage each other in living well with our limitations and disabilities, share information and resources, make new friends and have fun.

What a welcoming, easy feeling it is to attend that first meeting and see others who have a similar gait to yours, or using various modes of assistive devices. If one of your support persons comes with you, they too will gain a new understanding about post-polio and that you are not alone in dealing with life changes.

There are post-polio support group meetings being held throughout Washington State looking for you to join them. What a great way to get the help you need and give to others the resources you have to improve the quality of life for us all!

Please consider calling a group leader today and join us!

Group Leaders Support Available Rhonda Whitehead, Committee Chair

Encouragement, ideas for meetings, establishing a new group, help with your questions, all this and more is available to those wonderful people who have the passion and commitment to lead a support group for polio survivors.

The Group Leader Support standing committee of POOW is formed for just this purpose. It is lead by Rhonda Whitehead who so capably and graciously has led the Snohomish/North King County group for years. She has a wealth of knowledge and experience, and considerable resources, to aid others as they lead a group or are considering leading a group.

Give her a call! 425-488-0219

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) **\$20.00**
- OTHER Donation Amount. \$ _____

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. Any questions call 1-800-609-5538

Standing Committees

- ❖ Administration – Sue Warren, President (member on all committees), John Clark – Office Manager, Jim Fry – By- Laws
- ❖ Fundraising – Bill Vettters, Chair
- ❖ Group Leader Support – Rhonda Whitehead, Chair, Bill Vettters
- ❖ Newsletter – Vivian Clark, Chair & Co-Editor, John Clark, Larry Christensen, Pat Ewing, Linda Fry Co-Editor, Carl Larson, Joan Stocker, Mary Sutton, Kari Winston
- ❖ Nominating – Larry Christensen, Rhonda Whitehead
- ❖ Outreach/Public Relations/Website – Bill Simpson, Chair, Bill Vettters, Larry Christensen, Paul Jeganathan
- ❖ Picnic – Maryls Lindaron, LindaMiller, Carol Moline, Sandy Morley, Don & Carol Hinman

Board of Directors

PRESIDENT - Sue Warren
509-896-5333
q3suz@embarqmail.com

VICE PRESIDENT - Bill Vettters
360-275-2178
tjvettters@yahoo.com

SECRETARY - Larry Christensen
360-613-0783
lchristensen@wavecable.com

TREASURER - Vacant

Board Members at Large

John Clark, Vivian Clark, Jim Fry,
Linda Fry, Bob Miller, Bill Simpson

Polio Outreach Of Washington, State of Washington 501(C3) Non-Profit Corporation



**4704 235th St. East
Seattle, WA 98387-6162**

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|--|---|
| <p>POLIO OUTREACH OF WASHINGTON POOW BOARD OF DIRECTORS APPLICATION FORM</p> <p>Name _____</p> <p>Address _____</p> <p>City/State/Zip _____</p> <p>Phone _____ Best time to call _____</p> <p>E-mail _____</p> <p>Support Group Association: _____</p> <p>Group Leader Name _____</p> <p>Are you a polio survivor? YES____ NO____ (Being a survivor is not a requirement to be on the Board or on a Committee).</p> <p>Our Board of Directors consists of President, Vice-President, Secretary, Treasurer and Members-at-Large. Standing Committees are Administration, Fundraising, Group Leaders Support, Newsletter, Nominating, Outreach/Website/Public Relations, and Picnic.</p> | <p>Where and how do you feel you could best benefit Polio Outreach of Washington?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Which 3 of the Standing Committees interest you the most?</p> <p>1. _____ 2. _____</p> <p>3. _____</p> <p>Thank you for showing an interest in participating with POOW. We consider our Board and Committee members to be a “working group” with active participation at meetings and within our committees.</p> <p>Do you have any constraints on attending meetings or working with a committee? YES____ NO____</p> <p>Comment: _____</p> <p>_____</p> <p>Please return to: Sue Warren, President PO Box 76, Bickelton WA 99322-0076 or E-mail: q3suz@embargmail.com (Please put POOW Application in the subject line.)</p> |
|--|---|