

POLIO DEJA VIEW

Central Virginia Post-Polio Support Group

August - September 2004

Carol T. Ranelli, Editor

August 7th Meeting

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

A representative from Electric Mobility will demonstrate their new "Ultra-Lite" Scooter.

Come take a test drive!

September 11th Meeting

PLEASE NOTE: This is the second Saturday, due to Labor Day

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

General Group Discussion: Come with questions, concerns, problems or solutions.

Sixth Annual PPS Support Group Retreat is Sept. 17th – 19th !!!

Complete information and registration form in this issue!

This is your last reminder for registration which is due August 31st.

SIXTH Annual Fall Retreat!!!

It's time to reserve a room for our SIXTH Annual Fall Retreat at Camp Easter Seal-East from 3 pm, Sept. 17th until noon, Sunday, Sept. 19th.

The camp is situated in Caroline County, VA, about an hour drive from central Richmond.

Our speaker will be **Dr. Lauro Halstead**, noted author and Director of the PPS Clinic at National Rehabilitation Hospital in Washington, DC.

We were honored to have Dr. Halstead speak at one of our PPS Conferences and look forward to hearing him speak on the latest post-polio issues and answer our questions. Dr. Halstead and his wife, Jessica Scheer, will be our guests for the weekend.

We MUST have 50 people attending this year as Easter Seals Virginia is strictly imposing their requirement of a 50 person minimum due to increased operational costs. If we do not meet this quota, our support group will have to make up the difference from our treasury. We have subsidized the individual cost in past years to keep member's costs down.

As in previous years, we will be housed in the Federation Lodge, which has meeting rooms, lounge, dining room and bedrooms all in one building. Camp Easter Seal-East is totally handicapped accessible. Each bedroom has an accessible bathroom. This is a totally NON-smoking facility. Linens are provided. We recommend that you bring an egg-crate mattress pad for your bed.

The camp is refurbishing the bedrooms and rearranging the bed set-ups, but we will make every effort to accommodate any special needs. **The bedrooms will be on a first come – first serve basis.** We can also use the dormitory building which is a very nice facility and adjacent to the Lodge and good for all the "single" members who attend.

We have again arranged to have two massage therapists join us on Saturday from 9 until 4. They will charge \$20 for a 20-minute session. You may schedule a double session if you desire. Sign up for the massage schedule will be during registration on Friday afternoon...or upon arrival on Saturday if time slots are still available. We need to know ahead of time how many people will be interested in this service. Please respond on your registration form.

The indoor accessible pool will be available on Saturday afternoon.

We are including an application form in this newsletter for those who already know they will be attending. We are also requesting a \$30 per person deposit by July 1st. This will give us a better idea of what this year's attendance will be.

Final reservations and complete payment MUST be received by Linda VanAken by Sept. 1st. For those who sent in an early deposit – the remainder is due by Sept. 1st.

The cost of the entire weekend is \$125 per person, which includes 2 nights and 5 meals. If you are only able to come for the day on Saturday, the cost will be \$40 per person for the use of the facility, lunch and dinner.

Registration Form for September Retreat
Friday, September 17th until Sunday, September 19th

Please mail to: Linda VanAken, 14606 Talleywood Ct., Chester, VA 23831

WITH check made out to: **"Camp Easter Seals"**

Final payment has to be received by **Sept. 1st**.

Name: _____

Address: _____

Phone: _____ Number of Persons attending: _____

Type of Room accommodation: _____ (single or double)
If you have special needs for bedroom or bathing facilities, let us know.

Are you interested in scheduling a massage therapy session? _____

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) \$125 per person

Price for Saturday only (includes lunch and dinner) \$40 per person

Amount of check sent: _____

DIRECTIONS TO CAMP EASTER SEAL-EAST

Listed below are three common routes to Camp Easter Seal-East. If you are coming from different direction than these listed or need help please call (804) 633-9855

FROM NORTHERN VIRGINIA:

1. Follow I-95 to Exit 126 (Massaponax Exit -Route 17 South)
2. At bottom of exit ramp, turn right.
3. At 3rd traffic light, turn left on to Route 17 South.
4. Follow Route 17 South for about 6 miles.
5. At traffic light, turn right on to Route 2 South.
6. Follow Route 2 South for about 14 miles until you reach town of Bowling Green.
7. At stoplight, keep going straight through town of Bowling Green (Route 301 So.)
8. About 4 miles south of Bowling Green, turn left on to Sparta Road (Route 721).
Sparta Road is shortly after an Exxon gas station on left side of road.
9. Stay on Sparta Road for about 13 miles. Sparta Road is a winding, country road.
Note: About mid-way on Sparta Road, the route number will change to Route 630.
10. Make a hard right on to Passing Road.
*Passing Road is *immediately* after a red brick church (St. Stephen's Baptist Church) on right hand side of the road.
11. Follow Passing Road for about a mile.
12. Camp Easter Seal-East is on the left side of the road.

FROM RICHMOND (on I-95):

1. Follow I-95 to Exit 98 (Kings Dominion/Doswell/Route 30 exit).
2. At exit, turn right on to Route 30 East.
3. Follow Route 30 East for 5-6 miles.
4. At traffic light, turn left on to Route 301 North.
5. Follow Route 301 North for 12 -13 miles
6. After Route 301 North becomes a divided highway, turn right on to Sparta Rd (Route 721).
7. Stay on Sparta Road for about 13 miles. Sparta Rd. is a winding country road.
Note: The route number of Sparta Road changes from Route 721 to Route 630 in Sparta.
8. Make a hard right on to Passing Road.
*Passing Road is *immediately* after a red brick church (St. Stephen's Baptist Church) on right hand side of the road.
9. Follow Passing Road for about a mile.
10. Camp Easter Seal-East is on the left side of the road.

FROM TAPPAHANNOCK:

1. Follow Route 17 North through Tappahannock.
2. After passing through Tappahannock, turn left onto Airport Road at stoplight.
(Just after you pass June Parker Marina and Dr. Gilchrist Eye Care Office)
Airport Road starts as Route 627.
3. Stay on Airport Road for about 1½ miles.
4. Turn right on to Mt. Landing Road (also Route 627).
5. Follow this road for 12-13 miles.
6. At stop sign, turn right on to Route 635.
7. Follow Route 635 for about a mile.
8. Turn left on to Sparta Road (Route 630)
9. Follow Sparta Road for about 4 miles.
10. Turn left on to Passing Road.
11. Follow Passing Road for about a mile.
12. Camp Easter Seal-East is on the left side of road.

The following article was written by a member of the Central Florida PPSG and published in their July-August 2004 issue.

Pain Relieving Patch "SALONPAS"

Dr. Armand Zilioli, an orthopedic surgeon, speaker at our March, 2004 meeting, and polio survivor recommended the pain relieving patch SALONPAS to me. At this point, my pain mainly in my right shoulder blade and upper arm, is undiagnosed other than over- use. Dr. Zilioli is currently on staff at the VA hospital in St. Petersburg and is a former member of the post-polio group of Winter Park, FL, along with myself.

- The company who manufactures SALONPAS, Hisamitsu from Japan, was founded in 1847. Salonpas was first introduced in 1934. It became available in the United States in 1987.
- Salonpas patches are Over The Counter, inexpensive (I bought the box with 40 patches at WalMart Super Center for \$3.88), and best of all, they Relieve My Pain.
- The pain relief is absorbed into the skin at the site of the pain. No need to take pills orally. No messy creams or ointments to get on your hands or clothing.
- One of the active ingredients in Salonpas is methyl salicylate. My primary care physician pointed out, since it does contain salicylate, a pain-relieving pill is not necessary.
- Salonpas lasts 8 hours or more. It is recommended that it be removed after at most 8 hours.
- Salonpas is not a "hot" patch. It comes in the 40 patch box of 2.56x1.65 inch size or a large single patch size.

The pain relievers I've tried are many and varied but SALONPAS definitely works very well for me.

by Marion Schoeller, Central Florida PPSG Member

Remarks from Dr. Ziloli:- I enjoyed the article by Marion. I think she described it accurately. Using it according to directions, should be safe for most people. I suppose that occasionally, if it is left on for over a day (as I have done) I get a small area of heat rash where the patch was applied. I do not feel that this was due to too much medicine in the patch itself. Also, since there is a finite amount of methl salicylate in the patch, once it is absorbed, the patch is worthless. I mention this because with Icy Hot cream, for example, which also has methyl salicylate could be applied heavily and then the salicylate could be absorbed in higher doses; this conceivably could affect prothrobin times for those people who are on blood thinners such as Coumadin.

Also, since salicylate is in the aspirin family, a person who is allergic to aspirin might want to be on the lookout for a possible allergic reaction to the patch. I have not seen this aspirin allergic warning on the Salonpas box so I suppose it has not been a problem.

. “ We have never really endorsed a product before, but this has been so highly recommended by both Marion and Dr. Zilioli that we felt it should be presented to you.”

From Henry's Desk *by Henry Holland*

Wytheville, Virginia, 2004

The most severe polio epidemic in the United States per capita of the population occurred in Wytheville, Virginia in 1950. This epidemic was an epidemic within an epidemic. In 1950 the Commonwealth of Virginia had 1200 cases of polio reported to the Virginia State Health Department. Of this number approximately 189 cases reported were in Wythe County, Virginia. Wytheville was and is the county seat of Wythe County and the concentration of the Wythe County cases were in Wytheville, a town of 5,500 people in 1950. There were 17 to 23 deaths in Wythe County, depending on the reliability of reporting deaths caused by acute polio. Thus, the death rate in Wythe County was around 10% compared to 5% statewide (62 reported deaths out of 1200 reported cases).

Over the last fifty-four years the lasting effect on the families of this community has become part of Wytheville's shared cultural heritage. The town did not become a ghost town in 1950. The citizens did not panic. They dealt with this unexpected epidemic in very appropriate and supportive ways. In fact the citizens of Wytheville do not want to forget this sad, but historic time. The town's Department of Museums has done research and have begun a two year project about the Wytheville Polio Epidemic of 1950. This project will include three components. The first one occurred on June 30, 2004, and there is more on this event in this text. The second planned component is the publishing of an oral history book in January 2005. The third component is the opening of the permanent polio exhibit in the town museum. The exhibit will include an iron lung, a pediatric iron lung, old prescription records from 1950 and a reproduction of the highway sign warning travelers of a "polio outbreak" in Wytheville. State route 11 passed through Wytheville in 1950 and travelers would put up their car windows and cover their faces with handkerchiefs while riding through. Interstate highway 81 had not been constructed in 1950. The highway sign warning travelers read:

INFORMATION FOR TOURISTS

POLIO OUTBREAK IN WYTHEVILLE AND WYTHE COUNTY

**"IF YOU DO NOT STOP WITH US THIS TRIP WE INVITE
YOU TO VISIT US ON YOUR NEXT VACATION."**

COURTESY OF WYTHEVILLE TOWN COUNCIL
WYTHE COUNTY BOARD OF SUPERVISORS
WYTHE COUNTY HEALTH DEPT.

On June 30th, this writer was honored to be invited and sit with a panel of witnesses from this 1950 event. I had polio in 1950 in Richmond, not Wytheville, but I had written about the Wytheville epidemic four years ago in an article about the Virginia Polio Epidemic of 1950. Also I was asked to be on the panel to explain some information about Post Polio Syndrome (PPS). One panel member was John Seccafico of New Jersey. John was the first reported case of polio in Wytheville in 1950. He was twenty-one months old at the time, has spent

most of his life in a wheelchair and is a retired mental health worker. John was apprehensive about returning to Wytheville because he felt he might be treated as a "Typhoid Mary," but he was fondly welcomed and honored. John Johnson, the Wythe County African-American historian, was on the panel. He reported that African-American polio cases had to be transported to St. Philip Hospital in Richmond, 250 miles away. Racial segregation was the law in 1950 and St. Philip Hospital of the Medical College of Virginia Hospitals was the location of the only African-American polio ward in Virginia. Other panel members were: Alex Crockett, newspaper manager of the Wytheville Statesman in 1950; Eugene Warren, a pharmacist from 1950; D. L. Barnett, retired mortician and ambulance driver in 1950; and Drs. C. D. and Bobby Moore, sons of Dr. Chimer Moore, a revered Wytheville physician during the epidemic and Carter Beamer, town manager in 1950.

The discussion that followed was most interesting and the meeting room was packed. Mr. Beamer recalled that various efforts were undertaken to contain the virus. The town was sprayed with DDT. Rats were shot at night at the town dump. Swimming pools, children's camps, church Sunday Schools, the movie theater and the draft board were closed. The local semi-pro baseball team canceled their remaining games. Many survivors of this epidemic and their family members were present in the audience and many were interested in the pathogenesis of PPS.

Linda Logan of the town of Wytheville Museum staff coordinated this event. She told me that 116 survivors of the 1950 Wythe County epidemic have been identified and oral histories are being obtained from many of these survivors. She also mentioned that the adult iron lung that will be in the permanent exhibit was used by a Wythe County resident for over thirty years before his death. A video tape of this panel discussion will also be edited and produced.

Wytheville was and is a small historic town in southwest Virginia. The town has not forgotten their "Summer of Polio" in 1950. They are in the process of honoring the victims, their families and public servants of the time. The Wytheville citizens of 1950 pulled together as a community and dealt with this epidemic. We can all learn from their example.

If you are interested in making a tax deductible contribution to this permanent polio exhibit, contact: Town of Wytheville Department of Museums, P.O. Box 533, Wytheville, VA 24382 or call at 276-223-3330 or contact by E-mail at: museums@wytheville.org

A special thanks to Linda Logan for some of the information contained in this article.