

POLIO DEJA VIEW

Central Virginia Post-Polio Support Group

www.cvppsg.org

June-July 2009

ANNUAL JUNE LUNCHEON

Saturday, June 6 is the date of the Annual Luncheon which will be held at Bottega Bistro, 11400 Huguenot Road, Midlothian, Va., 804-594-3507. The restaurant is located in The Shoppes at Bellgrade / Bellgrade Plantation.

The Post-Polio group is going to supplement some of the cost of the lunch plus cover the tax and tip. The adjusted cost is \$15 per person. It will be necessary to bring cash or a check made out to CVPPSG in the amount of \$15/person.

Lunch will include Tomato Bisque Soup, a choice from three entrees, Chocolate Marble Torte for Dessert and a choice of coffee or tea. Please select one from the following list:

1. Chicken Fettuccine (Pan-seared chicken with sun-dried tomatoes and spinach, served in a Parmesan cream sauce over fettuccine)
2. Chesapeake Crabcake Sandwich (Fresh crabmeat blended with house seasonings, pan-seared and served on a fresh baked roll with lettuce, tomato and Remoulade Sauce. Served with pasta salad.)
3. Beef Tenderloin Salad (Seared beef tenderloin tips simmered in Balsamic Vinaigrette and served over mixed greens with Feta cheese, tomatoes and pine nuts.)

Please select an entrée before calling either Bev Lordi or Barbara Bancroft to make your reservation. They will make note of your choice and even remind you at the luncheon if you should happen to forget your choice.

We are hoping to see many of you at this final event before the beginning of summer.

The deadline for contacting Bev Lordi 569-4232 or

Barbara Bancroft 204-1688 is Friday, May 29th.

There will be no July Meeting

Did you know?.....

...Rx Information from Jenny

NETI POTS

What is a neti pot?

A neti pot looks like a small genie lamp or teapot. It's used to hold salt water (saline solution) that is poured into one nostril and allowed to drain out of the other nostril. This technique may help with sinus symptoms. It can clear out your nasal passages, reduce swelling, and help your natural defenses work better. The most common side effects are burning or stinging in the nose. The most popular brands of neti pots are *Sinucleanse* and *Neilmed's Sinusrinse*.

How do I make the saline solution?

You can buy pre-mixed packets of salt to add to water, or you can make your own salt mixture at home. Here is a commonly used recipe:

1 teaspoon of un-iodized salt (canning, kosher, pickling, or sea salt)
1/2 teaspoon of baking soda (helps to decrease irritation to nostrils)
2 to 3 cups (480 mL to 720 mL) of lukewarm tap water (some experts recommend boiling and cooling tap water to kill any germs). Others recommend sterile or purified bottled water.

Just mix these ingredients together and use them to fill your neti pot. Doubling the amount of salt to two teaspoons will make a stronger saline solution. Be sure to mix a fresh solution before each use.

How do I use the neti pot?*

After you have filled your neti pot with the saline solution, follow these steps:

1. Lean directly over a sink.
2. Rotate your head so that one ear is facing the sink and one ear is facing toward the ceiling.
3. Gently insert the tip of the neti pot's spout into your top nostril, so that a seal is formed.
4. Tip the neti pot up so that the salt water enters your top nostril. (You will need to breathe through your mouth).
5. The solution will begin to drain out of your other nostril.
6. Once the pot is empty, stand up straight, breathe out of both nostrils, and blow your nose into a tissue.
7. Refill the pot and repeat these steps for the other nostril.

If you experience stinging or burning, reduce the amount of salt from one teaspoon to one-half teaspoon, or try adjusting the temperature of the water slightly. Don't use cold water or hot water.

It's important to clean your neti pot after each use. Wash it with hot, soapy water and allow it to air dry.

If you are also using a nasal steroid spray, use it after you use the neti pot.

Questions?? Don't hesitate to call Jenny at (804) 730-9498.

From Henry's Desk.....

Being on Life Support and the Quality of Life

This article will only apply to a few among thousands of polio survivors. If you had bulbar polio or weakened respiratory muscles along with restrictive vital capacity of your lung volume secondary to scoliosis, then this article might be of interest to you. What I am sharing is somewhat autobiographical, but my knowledge of maintaining a quality of life on life support has been enriched by sharing with others in similar situations or by reading the experiences of others who are no longer with us.

I had polio at age eleven in 1950. I was a victim of the worst polio epidemic in the history of the State of Virginia. My case was diagnosed on September 23, 1950 and on that day I was admitted to the polio isolation ward of the Medical College of Virginia Hospital. I was paralyzed from the neck down with greater severity of damage on the right side. I did not have bulbar polio as I was never in respiratory distress during acute polio. After spending three months in the hospital and being taught by a visiting teacher for a year I returned to public school wearing a long leg brace on my right leg which I still wear today and some residual weakness in my right arm and right side. During my adolescent growth period I developed scoliosis because the muscles of my back were weak on the right and strong on the left resulting in a spinal curvature. Despite the scoliosis I was quite active in every way that I could be. I could climb steps, ride a bicycle and drive a car when I was old enough to get a driving permit. I went four years to high school, four years to college and four years to medical school without missing a single day.

In 1966 I began a rotating internship at a large city hospital. I went through the surgery, medicine and ER rotations and when I was on OB, I developed pneumonia. My life was in jeopardy and I survived because I had a tracheostomy, was on a ventilator for two weeks and was gradually weaned off the ventilator. After missing a month during my internship I completed my last rotation on pediatrics and decided that I should enter a medical field that was less

physically draining. Thus, I returned to the Medical College of Virginia and started a psychiatric residency. Dr. James Baker became my pulmonary doctor while I was in residency. He monitored my blood gases which included my blood levels of oxygen, oxygen saturation, carbon dioxide and my blood ph. As my oxygenation gradually reduced over the next year adding nasal oxygen was not a safe treatment because hypoventilation could still result in an increase of carbon dioxide in my blood. Thus, in June 1968 I was intubated with a naso tracheal tube and placed on a ventilator for three days which successfully reduced the carbon dioxide in my blood and increased my oxygen saturation. This worked for 18 months and once again I was fighting respiratory failure. The decision was made to do a permanent tracheostomy which was done on January 15, 1970. Between that time and November 1971 I was hospitalized approximately monthly for two to three days at a time to prevent respiratory failure. With the tracheostomy in place I did not have to endure a painful intubation. Finally in November 1971 Dr. Baker convinced my health insurance company that it would be less expensive to provide me with a ventilator at home. With my wife Brenda's help I learned to connect to the ventilator at night via the tracheostomy tube in order to sleep safely. Thus, I was one of the earliest cases to demonstrate that continuous nocturnal ventilation was restorative for the next day. From November 1971 until Post Polio Syndrome began in 1991 I was not admitted to a hospital again for respiratory failure.

In 1991 I did not develop respiratory failure, but did experience increasing total body fatigue, central fatigue and gradual weakening of the muscles on the left side of my body which had been the least damaged by acute polio. In 1991 I acquired a scooter and a van with a scooter hoist to carry the scooter around. I felt better and continued to practice full time and was on the attending staff of three hospitals until 1996. In 1996 the immense fatigue that I was experiencing convinced me that I had a brain tumor or some other serious neurological condition. Tests proved that I did not have anything but the immense debilitating fatigue of Post Polio Syndrome. I quit working for six months and only resumed working on a part time basis in a home office. I gave up all hospital work. I felt defeated and that my career was essentially over.

In addition I was beginning to age and my respiratory function started to decline despite nocturnal ventilation. My oxygen saturation gradually got lower and breathing was becoming difficult except when I was on the ventilator. In June 2002 my pulmonary doctor told me that I would develop right heart failure and likely expire unless I used my ventilator 24/7. Fortunately over the years technology had improved and ventilators had become smaller in size and lighter in weight. It was also recommended that I get a power wheelchair. Thus, by early 2003 I had a power w/c with a basket on the rear which would hold my Newport HT50 ventilator. This little ventilator only weighs seventeen pounds and has an internal battery that can power the ventilator for up to six hours. It also can be charged by both AC and DC current. Also in 2003 I purchased a van with an electric ramp which made it possible to enter and leave the van in my power w/c. For the last six years I have been mentally alert, see some patients in a home office, supervise residents, teach medical students in small groups and have been more active in my church, professional organizations and enjoy a more joyous family and social life.

I actually have a good quality of life in my old age and look forward to every day. I believe this has all been possible because of Brenda, my wife of forty-four years who has saved my life on many occasions, having well trained doctors, the progression of medical technology, the support of the Central Virginia Post Polio Support Group, the support of my family and friends and my faith.

BISCOTTI

(Editor's Note: There is an unwritten rule that recipes are not printed in our newsletter. However, sometimes rules need to be broken. Recently, Karen Wilson brought homemade biscotti to our monthly meeting. Everyone who sampled the cookies wanted the recipe. A decision was made to share this delightful recipe with all our readers.)

Almond Biscotti

Preheat oven to 350 degrees. Spray baking sheet with nonstick vegetable spray.

2 cups all-purpose flour	3/4 tsp baking soda
1 cup sugar	1/4 tsp salt
1/2 cup toasted slivered almonds	1/2 tsp each vanilla & almond extract
2 eggs	1 egg white

In a large bowl, combine flour, sugar, almonds, baking soda and salt. In a small bowl, combine vanilla, almond, eggs, and egg white. Add egg mixture to flour mixture, stirring until well blended. If dough is too sticky to work with add more flour. Turn dough out onto a floured surface and knead lightly 8-9 times. Shape the dough into a 15-inch-long roll. I make two rolls. Place onto prepared baking sheet. Flatten roll to a one inch thickness.

Bake in preheated oven for 30 minutes. Remove rolls from baking sheet to wire rack to cool for 15 minutes. Cut diagonally into 1/2 inch slices. Place slices cut side down on same baking sheet.

Reduce oven temp to 325 degrees, and bake 10 minutes. Turn cookies over and bake an additional 10 minutes. Cookies will harden as they cool.

I use this recipe for all my Biscotti. I find the cookies are harder if you do not use any butter or margarine. If you want, you can add chocolate chips, dried cranberries, walnuts, pistachios, orange zest, lemon zest etc. You can use your imagination

Nutty Biscotti

As you can see there is butter in this recipe. I use my recipe and add everything else.

1/2 cup butter
1 1/2 cups sugar
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 eggs
1 tsp finely shredded lemon peel
1 Tbsp lemon juice
1 tsp lemon extract
3 cups all-purpose flour
3/4 cup coarsely chopped pistachio nuts
3/4 cup coarsely chopped macadamia nuts
1 recipe Nut Coating

Preheat oven 350. Beat butter with mixer on medium to high speed 30 seconds. Add sugar, soda, baking powder, and salt. Beat until combined. Add eggs, lemon peel, and juice, and extract. Beat until combined. Add flour & beat until combined. Stir in nuts.

Divide dough in half and shape into logs. Bake 35-40 minutes. Remove from oven, cool on rack. Use serrated knife to cut logs into 1/2 slices. Place cut side down and bake for 5 minutes turn over and bake 5 more minutes.

Nut Coating

Combine 1/4 cup finely chopped pistachio nuts and 1/4 cup macadamia nuts. In a small pan melt 8-10 oz. white chocolate baking squares over low heat. (I use a double boiler.) Stir in 1 tsp finely shredded lemon peel and 1 Tbsp shortening. Add additional shortening 1 tsp at a time until of drizzling consistency. Dip end of biscotti into chocolate, sprinkle with nuts.

If you have any questions you can always call me. 434-248-6431 Karen

WHY THE WEATHER FORECAST SOMETIMES CALLS FOR PAIN....

Changes in temperature or barometric pressure, a measure that refers to the weight of the surrounding air, trigger joint pain, though researchers aren't entirely sure why.

In 2007, researchers at Tufts University in Boston reported that every 10 degree drop in temperature corresponded with an incremental increase in arthritis pain. Increasing barometric pressure was also a pain trigger in the Tufts study.

In fact, studies on cadavers have found that barometric pressure affects pressure inside the joints. In one experiment, when pressure in the hip joints was equated with atmospheric pressure, it threw the ball of the hip joint about one-third of an inch off track.

- *from Arthritis Today, March-April 2009 issue*

Scholarship Funds Available

The Central Virginia Post Polio Support Group is pleased to announce that we have a small discretionary fund that is to be used as a Scholarship fund. We would like to remind all members that the money is there if you need assistance in paying fees for attending our events or obtaining our newsletter. Thus if you are unable to pay the fees to receive the newsletter, or cannot pay the full amount to attend our Retreat or other events, or have special needs, please contact Linda Van Aken at **804-778-7891**, or at ChatNLinda@aol.com, or mail the request for assistance to 14606 Talleywood Ct., Chester, Va. 23831.

CAUTION

The Central Virginia Post Polio Support Group offers their members either nametags put on with a clip pin or nametags put on with a hidden magnet. We recently learned that members with pacemakers should NOT choose magnetic fasteners as the magnets interfere with the function of the pacemaker. These little magnets are very strong and can prove to be hazardous.

EXERCISE CLARIFICATION

At the January 10, 2009 meeting of the CVPPSG, Jane McAllister, OTR/L, Certified Feldenkrais Practitioner, spoke on "Moving More Easily and the Myth of 'No Pain, No Gain'". At a future meeting, there were some questions concerning what was said about

exercise. The speaker was answering a member's very specific question about that individual and walking. The answer was not meant for the members in general.

The speaker would like to clarify her statement. "Any activity, whether it be walking, weights, swimming, etc, that causes fatigue, should be avoided if possible. But, moderate, to light exercise that does not fatigue the muscle is ideal. This varies greatly among individuals, of course, and varies within an individual from one day to another. So each person has to be his or her own monitor in this regard."

State Tax Credit Available

If you are considering either the purchase of a new handicapped accessible home or are planning to have accessible modifications done to your existing home, you may be eligible for up to \$500 in Virginia income tax credit. This new program, which is administered by the VA Dept. of Housing and Community Development, is officially called the Livable Home Tax Credit (LHTC) program...

You can find out more about the program, at their website, www.dhcd.virginia.gov, and then by typing in LHTC in the search box on the website homepage. This will give you complete details concerning eligibility, requirements and process. You can also contact Kathy Robertson, the LHTC program manager, at kathy.robertson@dhcd.virginia or at (804) 225-3129 for additional information.

Submitted by Gordon Kerby

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.

Golden Gift Certificates

Please be on the lookout for your Ukrop's Golden Gift Certificates, which are being mailed now. If you are planning to give them to our group (and we understand you may have other causes to which you want to donate), please bring the Certificate to the June Luncheon or mail them to me. I must turn them in by June 13th. Thank you. Carol Kennedy, 1803 Aston Lane, Richmond, VA 23238-3066

Mid-Month Lunch

We will not have a mid-month lunch in June.

Thursday, July 16

Mid-Month Lunch at 11:30

We will have lunch at the BrioTuscan Grille in Stony Point Fashion Park

Call Bev Lordi by July 13th at 569-4232 for a reservation.

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:

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

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 28th 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.