

First Coast Post Polio

December

Northeast Florida Chapter
Jacksonville, Florida

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New officers:

- President; Kathy Hutchinson
- Vice President & newsletter
Janice Askwith
- Treasurer; Eulie Nahm
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INSIDE YOU WILL FIND OUR

2005
Subscription form for updating
our news letter. Please take a
moment to fill it out and return it.



President's Word:

Hello my name is Kathy Hutchinson, your new President. If you would give me a moment I would like to tell you a little about myself.

I had polio in 1955 at the age of seven. My family lived in Trenton, NJ at the time and my father was a doctor, my mother a nurse. They kept me at home for a month quarantined with my mother giving me at the time, what is now know as the "Kenny Physical Therapy Method" from Australia. My mother learned the Kenny Method when she was president of Charity Hospital in New Orleans and Elizabeth Kinney was a speaker there. I almost lost the use of my left arm and left leg but with treatment I recovered the use of my limbs. Later while in middle school I had the honor of being in the Junior Ballet Guild of Jacksonville also in high school I was a cheerleader for two years. In the 1980's after the birth of my second child I started to notice a weakness in my body. About that time my mother showed me an article in the Florida Times Union about the newly discovered effects of Post Polio Syndrome.

It took several years after that for me to find the Post Polio Group. I came when Dr Thorsteinsson gave a talk and have been a member since.

Some of the things I've done and Love:

I have 2 precious children.

4 years at FSU; Major Elementary Education, Minor Art. I was education chairman at Diviny Hall at FSU.

Secretary in 3 administrative offices:

- Public Communications at BYU (news office), Provo Utah.
- The Deans Office of Continuing Education at BYU.
- Department of Personnel for the State of Florida, Tallahassee

I have painted and sold scenes of the scriptures

Because of my job in the news office I met the archaeologist Jim Jenson who at the time had discovered the smallest and largest dinosaurs and Alex Haley author of "Roots". So many interesting people have crossed my path. One of them was Hugh Nibley, an international scholar who was given the honor to translate the dead sea scrolls and it has been an enjoyable experience.

Future Goals:

Medical Transcriber, and develop my skills for art. Also, I would love to become a professional writer.

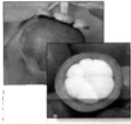
I will work hard for our Post Polio Group and will focus on and delivering the recent medical updates.

We are looking forward to meeting you and discover the special contributions each individual can bring to our group.



Kathy Hutchinson
President



Mangosteen : The Queen of Fruits

Our new President, Kathy introduced us to a new drink made from the fruit "Mangosteen". Her contact is: Madelon Sprouse Phone; 721-0777 or Cell; 993-2578

We all were given information and a taste of the juice, (which was delicious by the way), it is said to be the future most successful food supplement ever. Kathy claims to have more energy and the pain in her arms is gone since she started taking the drink daily. Mangosteen was first found in Southeast Asia and has since been found in Australia, Brazil, and the islands of the Caribbean.

It is said to have been used in a study for cancer patients and many diseases that occur today.

Reliv: Simple and Safe

Kathy also takes a product called Reliv for weight and fatigue control. You can find information on this at <www.reliv.com>. There you will find an article on Lorraine Fradle a polio survivor who is taking this product. She says she has more energy and stamina and clear-headed for the first time in a long while.

Please consult your doctor before trying any product.

I would like to take a moment to boast of **CHIROPRACTIC** treatment and care.

Four years ago my back and neck were getting stiff and I experience pain all day and my nights were the worst. I was unable to sleep because of the pain and constantly turning in my bed to relieve the pressure or numbness in my arms and hips. If I laid in any position too long it was very painful. My older brother Mike, who is a chiropractor, suggested several times for me to go to a chiropractor in my area but I was afraid they would do more damage to my scoliosis in my back and neck. I could only turn my neck to the right half way then I would have to turn my whole body to the right to look over my shoulder. After years and months of pain that had only gotten worse, I finally had to turn to the chiropractor. I prayed and found a Christian Chiropractor that I have been going to since. He X-Rayed me and started treatment and I have been grateful for his care in reliving my pain. My neck and back is mobile and the pain is manageable with an aspirin once in a while. I have never been one to take medicine so this was the best answer for me.

He also gave me advise on natural herbs for post menopausal and that has worked well for me now for 4 years. Drug FREE! I now look forward to my visits to the **chiropractor** one of my fondest joys is to be pain free. It works for me and if you have never tried—Why Not?

Janice, Vice President

Movie: SISTER KENNY!

True story of Elizabeth Kenny, a young nurse in the Australian outback who, witnessing patients with polio, determined to come up with a treatment for the disease. She did but, because the cure was unorthodox, Kenny faced steadfast opposition from the medical community. This compelled her to devote many hours to her work, and to battle doctors unwilling to accept her discovery. In the process, her marriage suffered, but the maverick nurse succeeded in her mission when she became the founder of the Kenny Institute at the University of Minnesota.

Thanks to our October guest speaker;

Karen Ansell, Owner/Agent
of Secure Choices Insurance Services
1624 3rd Avenue North
Jacksonville Beach, FL 32250
904-242-8893

She gave a very informative talk on:

- Medicare Supplements Plan A-J
- Long Term Care & At Home Care
- "Annuities" both Single Premium and Equity Indexed Life Insurance

Secure Choices Insurance Services

2004 Medicare Benefits

- Medicare Part A Hospital deductible 1st—60th day \$876.00
 - Medicare Part A Hospital 61st—90th day \$ 219.00 per day
 - Medicare Part A Hospital 91st—150th day \$438.00 per day
 - After 151st day You Pay all Costs
 - Skilled Nursing 21st — 100th day \$109.50 per day
 - Medicare Part B Doctors — Annual \$100.00 deductible
 - You Pay 20% of Approved plus Excess Charges
- Prescription Drug Benefits 5/2004 "Optional"

Call Karen B Ansell for more info: 904-242-8893

***It Couldn't Be Done* by Edgar A Guest**

Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the race of a grin
On his face. If he worried he hid it,
He started to sing as he tackled the thing
That couldn't be done, and he did it.
Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and the took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.
There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start in to sing as you tackle the thing
That "cannot be done," and you'll do it.

Three Out Of Six and I Made The List!

Hello,

My name is Janice Askwith your new Vice President in charge of our newsletter. Polio is a LIST I would gladly have passed on. Now I thank God it was me and not my brothers or sisters. I contracted Polio in 1952 when I was three and a half. The picture of me as a child was used on a polio poster for March of Dimes when I was four in Lansing, Michigan.

I am one of six children, the third in line. I do remember being really sick with a fever that lasted a long time and not being able to stand on my legs, falling down as I tried to walk. We lived in a small house by Jones Lake where us children use to swim and play. I was told that was where I contracted polio from the water of the lake. What I



Janice Cole Askwith 4 years old June 2, 1953

remember of being sick was laying under a tree in the shade to cool off because it was too hot inside. My uncle and mother took me to the hospital where they diagnosed me with polio. I remember being afraid of the confinement of braces and cast. To this day I don't like to be closed in. I was luckier than most and wasn't there long. After 2 months I went home where my life as I knew it changed forever.

The surgery I hated most was the summer of my 17 year. Doctor Harris who treated me all through my years with polio, did a new surgical procedure to help me use my right leg (polio afflicted) with the help of muscle transplant on my hip. This procedure would keep my leg from swinging to the right as I walked. After two and a half months in a body cast with a bar between my knees to hold the right hip at a slight internal rotation the cast was removed and another month in the hospital for treatment therapy I was able to go home and spend my senior year on crutches.

Now I look back and it wasn't so bad compared to today with so much to do and my body not wanting to *keep the pace is frustrating*.

For 32 years I walked without the aid of brace and crutch. Now I'm back in a brace on my right leg and walking with one crutch on the left side to help with the weakness of my right side. My knee is starting to buckle and I will probably need another crutch before too long.

After graduating from Manton High School, Manton, MI, I attended Lansing Business University.

I have one son and raised two step children. I enjoy playing with my 2 grandchildren and find myself limiting that activity to 3 hours TOPS! Playing with my two grandchildren is enjoyable but taxing.

I work at Watson Realty Corp as a Personal Assistant to the realtors. When one of the Agents I work for has a new home listing to market, I do the marketing from our Hidden Hills office on Monument, TV ads, Florida Times Union Ad, place 360 e-tours for the web, design flyer, cards, magazine ads, generally all mail outs and posting new listings on agents web site.

I tire easily and find myself wanting an afternoon nap. Which usually isn't me at all.

So here I am today having the honor of creating a news letter for you.

I would love to have everyone write a short note of their life, to place in our paper. Every month I will post one story so we can all get a feeling of what we have endured with polio and our struggles with Post-polio.

Thank you for your confidence in me and I look forward to serving you bi-monthly with a news letter.

Please feel free to contact me at <jfcask@worldnet.att.net> or call me at (904) 220-3013.

Janice Askwith * Vice President



Were you part of the March of Dimes History?

Share your story at: <<http://www.marchofdimes.com/polio>>

I found this web site to be exciting and informative on the March of Dimes.

The stories are very touching. Check it out and write your history!



