



## Congressman Rothman's "Year of Polio Awareness" Resolution Passes

### Resolution Builds On New Jersey's Efforts to Stop the Resurgence of Polio

(Washington, DC)—Today, despite a deeply-divided Congress, Representative Steve Rothman (D-NJ) secured a bipartisan victory for America's children and polio survivors in response to concern about the global resurgence of polio. H.Res.526, Rothman's resolution to designate October 31, 2006 through September 30, 2007 as the "Year of Polio Awareness," passed unanimously in the House of Representatives. The resolution also recognizes the need to vaccinate every child against polio.

"Awareness is the first step to prevention. While many Americans believe that Polio has been eradicated worldwide, that is simply not true. Last year, polio flared in India, Nigeria, and Indonesia, as well as countries that were considered polio-free, such as Namibia. Thousands of new cases were reported, including six in the United States. That is why I am fighting to bring national attention to the rise in polio cases and to ensure that parents understand the importance of vaccinating their children against this still-present and paralyzing virus," said Rothman.

The U.S. Centers for Disease Control (CDC) report that 10% of U.S. children under three, which is about one million toddlers, are not vaccinated against Polio. In Newark, the only New Jersey city for which CDC data are available, 14% of children remain unvaccinated. With the rise in international travel and the resurgence of polio abroad, health officials are concerned about an outbreak in the United States.

Dr. Richard Bruno, internationally-recognized polio expert and director of The Post-Polio Institute at Englewood Hospital and Medical Center, posed the following question: "Since the poliovirus can be carried silently by people who show no symptoms, what happens if a polio-infected child lands in a densely-populated city like New York, where an estimated 23,000 toddlers are unvaccinated? Answer: America's next polio epidemic."

In response to concerns about a U.S. outbreak, New Jersey Governor Jon Corzine proclaimed September 2006 "Polio Vaccination Month" and the New Jersey Department of Health has launched a polio awareness program thanks to a bill introduced by State Senator Loretta Weinberg.

"New Jersey has long been a leader on issues demanding national attention," said Rothman. "I applaud Governor Corzine, Senator Weinberg, and others for addressing polio awareness head-on and encourage other states interested in my resolution to look at New Jersey's efforts as a model."

### "Late Effects" of Polio Also Addressed

In addition to urging polio vaccinations for all children, Rothman's bill also calls for education about Post-Polio Sequelae (PPS), the unexpected and often disabling symptoms that occur in mid-life among the 1.63 million American survivors of the polio epidemics of the 1940s, '50s, and early '60s. "PPS symptoms include overwhelming fatigue, muscle weakness, muscle and joint pain, sleep disorders, and difficulty swallowing and breathing," explains Dr. Bruno. "An alarming number of medical professionals - and even polio survivors themselves - don't know PPS exists and that treatment is available and effective."

Rep. Rothman's bill, introduced last November, passed the U.S. Senate later that year in a companion bill co-sponsored by then-Senator Jon Corzine (D-NJ).

### Floor Statement: Rep. Rothman in Support of His Resolution

"In some way the polio vaccination has become a victim of its own success, one might say, with many Americans believing that polio has been eradicated. They no longer have their children vaccinated against this virus. That is a mistake."

Read Rep. Rothman's full remarks on the floor of the House of Representatives.



### *Orange Moon and Black Cat!*

The sky was black as velvet and a mist covered everything. It had rained earlier this evening leaving dampness and the smell of wet leaves in the air. Looking out my window the only light on this night was shining from the bright orange moon. Harvest moon grandma called it. I could hear laughter below as the adults prepared all of my brothers and sisters for Halloween night. All but me that is. I was eight and scared and didn't much care about going out after dark. I couldn't keep up with the rest of the kids because my heavy brace slowed me down and I was afraid of being left alone to walk the dark streets home. So I stayed up here in my bedroom hoping they would forget I wasn't with the rest of my sisters, brothers and four cousins.

Who wanted to dress up like a witch any way? Who ever saw a witch limping? They were ugly and flew on a broomstick. I wanted to be Snow White. She was beautiful and was simply perfect. I wanted perfect for this one night when you could be anything you wanted to be.

Oh, rats! Mother is calling me. Give my candy to someone else I wanted to say!

Okay I'll go and get it over with but I'm only going around our block then right back home as fast as I can.

My mother dressed me in a black dress she had made covering me with a cape and a hat to match. My hair was already long and dark so all she needed to apply was make-up.

With instructions on holding hands, staying together and looking before crossing the roads they sent us out into the dark night with boos and gales of laughter.

I didn't see anything funny at all about this whole night.

We had hit three blocks with ten houses on each street. My oldest brother took us across the street onto an old road without any streetlights. My heart was pumping so hard I thought about turning around and going home alone but I was chicken so I stayed close to my sisters. Only five porch lights were on and we climbed the stairs of each and shouted "trick or treat". My brace was making me tired from all the steps I had climbed. On the fifth set of steps my brother had to help me down.

We walked on. I kept my head down watching out for the cracks in the sidewalk. No way was I going to step on one especially tonight. I didn't realize everyone had stopped causing me to bump into them. I dropped my candy bag, spilling candy everywhere before falling to the ground myself.

My brother hushed us and whispered for me to stay on the ground and hide behind the bush that was in front of me.

That was when I looked up and saw the biggest house in the neighborhood. It was a dark gray with windows everywhere and a large porch that went all the way around it. The roof had steeples reaching into the sky and it was dark. There wasn't a light on anywhere.

My brothers and a cousin took out soap pieces for each of them. I was to stay under the bush and call out if anyone came. They were going to pull a Halloween prank and soap the windows of this big old house.

I was left by myself in the dark, under a bush. I was so scared I couldn't holler if I needed to. I felt something furry rub up against me and was about to scream when I heard everyone scream and run down the steps, their feet making noise like thunder. I started to stand when I felt a hand push me back down again. My brother whispered, "Stay".

I couldn't breathe, my heart was in my throat, my eyes were as big as marbles and there was a crazy lady who looked like a real witch coming down the stairs with a broom screaming at everyone. She would get them and cook them for her wolfhounds.

I didn't want to be anyone's dinner so I didn't move or even breath. All my sister and brothers were gone and I was all alone under a bush with a crazy mad witch standing at my feet.

I felt it again, the brush of something warm and furry. I didn't dare move. I just knew it was one of the witch's wolfhounds and I was about to cry when I heard a meow. Just then the witch bent down and called under the bush "Midnight you get out here". The black cat obeyed and moved over my legs to exit the bush into the arms of the witch. I started to shake now. This was it. She must have seen me. I was going to be someone's dinner. Just when I was about to burst out and cry the witch turned and started up the steps again caring her black cat. At the top of the steps she stopped, turned around with her cat in her arms, and, she stood out against the big orange moon in the black velvet sky. It seemed like she was looking right at me. Then she turned and entered her house. She was the best witch I have ever seen and I was glad to be dressed in black this night.

This was one Halloween I would never forget.

Wondering if it was safe to get up and frightened I would have to go home alone, I started to work my way out from under the bush. I had to get home before she came back with her wolfhounds. I was standing up now when I saw my brother and mother coming down the street. I was so happy to see my mom. I flew into her arms crying.

She looked relieved. My brother had been crying. I don't think he will forget it either. ©

Author: Janice Askwith

*The End*

Happy Halloween!

Thank you all for attending our meeting in September. We had a wonderful visit and sharing time. Many of us talked about our summer vacation and difficulties. We also got the opportunity to meet new members of our group. Welcome! I was please to see everyone and missed those of you who were not able to come. Below are the faces of our September meeting.



Janice Askwith & Eulie Nahm



Helen & Georganna Gerguson  
& Jessica Hoage



Kay Sciavico



Phil & Bob Echert, Joe & Eppi Raker  
And Gerry Jordan



Sue & Dick Massey  
Sandra Rodrigues  
(our new Vice President  
and  
Roland W. Rathburn

The Post Polio Assn. of South Florida and the International Post Polio Support Organization will host a 2-1/2 day Post Polio International Conference - *Partnering for a Better Tomorrow*, April 9 -11, 2007, at the Radisson Hotel Downtown, Miami, Florida. Call hotel (800) 333-3333 - ask for "Post Polio International Conference" block room rate of \$119. Registration forms and fees to be available soon. Watch for more details in the near future at our websites: [www.postpolioworld.org](http://www.postpolioworld.org) and [www.ippso-world.org](http://www.ippso-world.org) or email [postpoliomiami@aol.com](mailto:postpoliomiami@aol.com) with questions.

Post Polio group cruise offered after Post Polio International Conference, April 9-11, 2007 in Miami, Florida. A 7-night Eastern **Caribbean Cruise will depart the Port of Miami on Saturday, April 14, 2007 aboard the** Royal Caribbean ship "*Voyager of the Seas*". If interested in joining them, contact Faye at: Toll free # 1-866-447-0750 or email to [faye@travegroupint.com](mailto:faye@travegroupint.com). Mention "Post Polio Conference Cruise" to get the group rate. Visit [www.postpolioworld.com](http://www.postpolioworld.com) or [www.ippso-world.org](http://www.ippso-world.org) or email [postpoliomiami@aol.com](mailto:postpoliomiami@aol.com) for more details.

Editor- First Coast Post Polio Support Group  
13119 Blackhawk Trail Court  
Jacksonville, Fl 32225  
(904) 333-3457  
Firstcoastpostpolio@yahoo.com



<i>Our Staff of Directors:</i>	
President/Editor	Janice Askwith
Vice President	Sandra Rodrigues
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<i>Sunshine committee</i>	
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**Don't miss our CHRISTMAS PARTY!!!  
DETAILS INSIDE.**

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**Our Goal is to Serve and Support You!**

We need your help!

Please take a moment to share your story with us. It may seem small to you but to someone else you could be touching a need in them. We all have Post Polio Syndrome and if you are wondering what you could add to the information that is already out there? Then just let me inform you that not everyone's story is the same and we would love to have the opportunity to hear yours as it could improve the quality of others.

DISCLAIMER: The articles, opinions, ideas and suggestions presented in this news letter and from our meetings is not to be taken as an endorsement or approval of any medication, product or individual. Always check with your Doctor first about your condition. First Coast Post Polio Support Group of Jacksonville, Florida does not assume any responsibility for individual reader's action. Information in this newsletter was obtained from various national and local sources which are considered reliable and /or reflect the opinion of the authors. Medical advice must be sought from competent licensed physicians.

## Book Corner



1. Post-Polio syndrome  
Lauro S. Halstead MD  
Gunnar Grimby MD Ph.D.  
Hanley & Belfus publishers 1995
2. Post-Polio A guide for Polio Survivors  
Julie K. Silver MD. Yale University 2001
3. Dr. Thorsteinsson, MD, has copies of his ten page reprint  
Subspecialty Clinics: Physical Medicine and Rehabilitation  
Management of Postpolio Syndrome Mayo clinic Pro  
1997;72:627-638

Eulie Nahm, our treasure has bought this grip bar to use when she travels. She says it really works for her. Eulie also says it has great grip power and can be used most anywhere that it is flat and has a smooth surface. I must caution that this is not a permanent bar and as anything that is not bolted down can come loose. Also Eulie is a small person and her pull may not be as strong as someone else who is lifting themselves from the tub.

### Suction Grip Bar (E6649)

Tub & Shower Grip Bar with lock 'n hold suction cups installs anywhere for added safety. Just push the lever to activate the super-grip suction cups. Position on a tub rim or shower wall and you'll have a helping hand where you need it most. Just release the lever to reposition. Won't mar surfaces. Works on tile, porcelain or fiberglass. Made of sturdy plastic with 3-3/4" diam. suction cups. 11-1/2" L.

Found in Harriet Carter gift catalog.



- \$17.98
- 2 for \$34.50

### We have a new Vice President.

Sandra Rodrigues was voted in as our new Vice President of First Coast Post Polio Support Group.

Welcome aboard.

We are so glad to have you here. See her in our group pictures on page 7.

### It's FLU season!



### Don't forget your flu shot!!

Stay healthy!!



### Keep warm this winter with a few tips on how to protect yourself when the wind blows cold!!!

- Dress in layers so you are able to remove one layer if too warm
- Wear heat-retaining socks or undergarments made of polypropylene or wool
- Put on close immediately after showering when the skin is warm
- Heated blankets may be necessary in the recovery room after surgery

I have come across a web site with "Famous Polio People" Here are just a few and the link to many more is at the bottom of this page. What an interesting site with lots of information on Post Polio People. Janice

Polio survivor, Bessie "Gertrude" Brooks, has lived most of her life in Vicksburg, Mississippi. She was 100 years old on March 30, 2005. [Congratulations from us all!] She is presently the oldest living **Polio** survivor (female), having had the disease when she was three years old. Bessie went on to marry and raised 7 children with her husband until his death. She is one terrific lady, and has family and friends that love her and take care of her. May she have many more happy years.

I am also honoring, William H. Remaley, who was born in a small town called Parryville, Pennsylvania in 1904. He was stricken with **Polio** in 1905 just when he was taking his first steps. He is possibly the oldest living polio survivor (male). His daughter writes proudly about her father in an article on the Lincolnshire Post Polio Network Website. Click here to read more about this now famous polio survivor.

### Famous People who had Polio

**Hugh Gregory Gallagher** author and historian:

"...contracted **polio** at the age of 19, and like FDR, was rehabilitated at the Georgia Warm Springs Foundation. He has used a wheelchair ever since." Book review of Gallagher's, "FDR's Splendid Deception" USS Potomac, Presidential Yacht, had a dummy stack installed to provide accessibility for FDR

**Bill Cullen**, game show host:

"He was partially crippled by childhood **polio**."

**Alan Alda**, actor:

"Suffered from bad case of **Polio** as a young child." Alan continues to stay very busy and is now hosting a TV special series, "Scientific American Frontiers" on your local PBS station.

**Mia Farrow**, actress and mother to 13 children, some with disabilities including **polio** and CP. In Mia's memoir, "What Falls Away" she talks about her life before she got **Polio** at age 9, as well as after her **Polio** experience.

**Dinah Shore**, singer:

"Stricken with **Polio** at eighteen months, she recovered after receiving the Sister Kenny treatment." Honorary Member, Ladies Professional Golf Association's "Hall of Fame"

The first female star with her own prime-time TV variety show.



### The very hungry lion

A hungry lion was roaming through the jungle looking for something to eat. He came across two men. One was sitting under a tree reading a book; the other was typing away on his typewriter. The lion quickly pounced on the man reading the book and devoured him. Even the king of the jungle knows that readers digest and writers cramp.

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