



AAHHHHH....AUTUMN! I love this time of year. When the hot days of summer are going out and the refreshing fall days greet you with many beautiful colors of orange, brown, red, yellow and greens.

Autumn means change. With another new year right around the corner I want all of you to start thinking of and sharing with our support group any changes in your body and habits and how post polio syndrome is effecting you now. We learn from each other how post polio will effect us now and in the future by telling others of how we feel and the effects of post polio syndrome is having on our lives.

I know from my own experience walking with a crutch in a Wal-Mart is tiring now for me. Getting from one end of the building to the other is a struggle. Earlier in the year I went anywhere in the store with little difficulty. Now I try to avoid going in the store. I find myself seeking out the smaller store where I am still able to walk without tiring. Or if I do feel fatigued it makes it easier if I am in a small store because the distance to my car is shorter. There are times I think I won't make it back to the car from the larger stores. I'm trying to avoid using the carts.

However when I went to the Zoo with my sister, (visiting from Ohio), I used the electric cart and felt fine when we were finished for the day. My sister was hot and tired. It makes me smile today to think of it. So there are some advantages when using the cart. Getting even with your sister at any age is a great feeling. HA-haa!



I want to encourage you to make an effort to attend our meetings. I know for some of you it is difficult. We need to make an effort to attend as it helps us and others to share. We will be meeting September 21 at noon at the Courtyard Marriott off San Pablo Rd beside the Mayo Clinic.

Lunch is available however we do not require you to eat if you come. You may just come to visit and share or learn from others.



We look forward to seeing you there so please try and make an effort.

Dates to remember: Place: Courtyard Marriott , Mayo Clinic-San Pablo Rd

- September meeting: Thursday 21, 2006-Speak Out
- October meeting: Thursday 19, 2006 –Guest Speaker on nutrition.
- November meeting: Thursday 16, 2006-Share a story
- December Christmas Lunch– Thursday 21, 2006
Jacksonville Golf and Country Club off Hodges Blvd.



Get The FAX. We will now be listed in the H (health) Magazine. You can pick up a free copy at most doctors offices or go on line to Jacksonville.com look under publication and click on H-Magazine.

We also are listed on these web sites.

www.ippso-world.org/home.htm

www.post-polio.org

In the future on Coj.net under Disabled Services Division

Post-Polio Health International Awarded Health Promotion Grant from Christopher Reeve Foundation

A \$20,000 Health Promotion grant awarded by the Christopher Reeve Foundation (CRF) to Post-Polio Health International will explore and address the problem of inadequate or inappropriate treatment of adult users of home mechanical ventilation in emergency situations.

The outcome will be guidelines for use by ventilator users, their families and advocates, and their health care team to improve the consequences and decisions made during emergency situations.

To date, PHI has developed a project plan, begun collection of all possible persons to be contacted for their experiences relative to this issue, and has planned a February face-to-face session in the Chicago area.

Project leader Virginia Brickley will conduct this meeting with polio survivors who also use a ventilator and their spouses. Linda Bieniek, Mary Ann and Bill Buckingham, and Val and Rick Brew-Parrish will participate in a brainstorming session to assist with the development of the questionnaires designed to capture past experiences, both good and bad.

Members who receive *Ventilator-Assisted Living*, the quarterly newsletter of International Ventilator Users Network, and names or groups listed in the *Resource Directory for Ventilator-Assisted Living* will be invited to participate in the collection of experiences via the Internet and mail.

Polio survivors who use a ventilator, their families and/or medical professionals should begin making note of things to share about their experiences in emergency situations. Also,

The Quality of Life grants program was conceived by Dana Reeve, Chairman of the Christopher Reeve Foundation and Co-Founder of the Christopher and Dana Reeve Paralysis Resource Center, to help people with living with paralysis in the "here and now."

PHI's grant was just one of 86 awards given in this cycle totaling \$581,034. The CRF also recently gave \$100,000 to five Gulf Coast charities in the immediate wake of Hurricane Katrina.

Applications are now being accepted for the 2006 Quality of Life Grants. Deadlines are March 1 and September 1. (www.christopherreeve.org)

Check out www.paralysis.org the Christopher & Dana Reeve Paralysis Resource Center redesigned Internet site.

The Health Promotion grant, a special category of the CRF Quality of Life grants, is funded through a cooperative agreement with the Centers for Disease Control and Prevention.

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If you are a polio survivor who uses a ventilator and does not receive *Ventilator-Assisted Living*, contact PHI to be involved in this very important work.

NEWS FROM OUR NEIGHBORS:

Post Polio of South Florida; Our International Post Polio Support Organization transferred all of their Yahoo Group PPS members over to the new Bulletin Board on their new web site.

Please go to: www.ippso-world.org. Then select the link below at the bottom which will give you the instructions on how to register and be able to use the new BB and Chat.

Barbara 2nd VP of IPPSO will be hosting her chat room, name

I invite all of you who have computer to go to this talk room and sign up. Pick a name to let them know your are from FCPPSG (First Coast Post Polio Support Group).

I have already signed up, my name is "JanAsk, President FCPPSG". Also www.ippso-world.org/home.htm



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"barbarag2660".

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Is Post-Polio Syndrome Keeping You From Work?

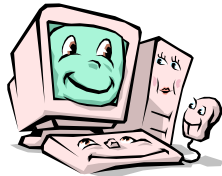
Post Polio Syndrome is recognized as a disability by the Social Security Administration if someone can't work because of severity of the condition. You, or someone you know may qualify for monthly disability income from Social Security under age 65 or qualify for early Medicare coverage to pay your medical bills or collect on Social Security taxes you've paid.

Go to: www.ssa.gov/OP_Home/rulings/di/01/SSR2003-

Disabled Services Division, City of Jacksonville, FL has a **New News Letter.**

Go to Coj.net:

Disabled Service then click on Newsletter.



Laughter keeps us feeling young.

My computer keeps telling me I've got mail???



What do I do with two-different size shoes?

Here are a few places to check.



Ped-Pals: www.mermaid.homestead.com/ped-pals.html

National Odd Shoe Exchange (NOSE)
3200 N Delaware St, Chandler, AZ 85225-1100
480-892-3483-4, 480-892-3568 fax, www.oddshoe.org

The One Shoe Crew
9328 Aizenburg Cir, Elk Grove, CA 95624
916-685-8746, scooter@eskimo.com

SoleMates, <http://bioped.com/solemates.html>

The Minus One Club, www.rejone.com

Therapeutic Footwear:

National Shoe Retailers Association has a database to allow one search by zip code www.nsra.org

Markell Shoe Co.
[Www.markellshoe.com](http://www.markellshoe.com)



Retailers providing single/mismatched shoe services:

- Foot Solutions will order the size and fit you need.
(1). 4126 S Third St, Jacksonville Beach, FL
904-220-3013
- (2). Southside: 4372 Southside Blvd. 904-646-4640
- (3). Orange Park: 2176 Park Ave 904-269-1100
- Nordstrom's, www.store.nordstrom.com
- Birkenstock Express Online
301 SW Madison Ave, Corvallis, OR 97333
800-451-1459





First Coast Post Polio Support Group

13119 Blackhawk Trail Court
Jacksonville, FL 32225
(904) 333-3457
jfcask



Happy Harvest!
Greetings during the best time of year!
Janice, President

Certified Medical Systems, I, INC.

David Jacob, President
Catherine Mitchem, CRT
2141 Lock Range Blvd #130
Orange Park, FL 32073
(904) 272-3022 or (800) 815-1211
Oxygen-CPAP & BiPAP-Nebulizers
Powerchairs-Scooters-Lifts-Walkers
Ramps-Stairclimbers-Elevators (Home & Auto)
Complete Respiratory-Durable Medical Equipment
Diabetic supplies
Also serving: Ocala (352) 237-4146
St. Augustine (904) 810-9747

Our Staff of Directors:

President/Editor Janice Askwith
Vice President Kathy Hutchinson
Treasurer Eulie Nahm
Program chairperson Needed
Recording Secretary (NEEDED) Janice Askwith

Sunshine committee Janice Askwith &
Eulie Nahm

Board of Directors David Brynildson
Board of Directors Dr. Stuart Caplin
Board of Directors Joe Raker
Founder 1990 Sue Bridges

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're 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.

Our Meeting Place!!!!

Courtyard Marriott
by Mayo Clinic
September 21
12:00 pm
San Pablo Road

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.