



First Coast Post Polio Support Group

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Our Staff of Directors:

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Vice President	Open
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Secretary/News Letter Co/Editor	Sheila Kilgore 904-673-6316
Sunshine committee	Sue Massey
Board of Directors	Caroline Jones
Board of Directors	Janice Askwith
Board of Directors	Dr. Stuart Caplin
Founder 1990	Sue Bridges



Please call if your are not the person to whom this is addressed. Thank you. 904-333-3457

In this issue:

- Words from our President
- Time to pay Dues
- Our 20th Anniversary
- Ask Dr. Maynard
- 2009 in review

Next Meeting
 February 13, 2010
 Time: 10:30 till 1:00 pm.
 Place: Golden Corral, Beach Blvd
 Between Hodges and 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.



Next meeting

Golden Corral at 14035 Beach Blvd - 641-0644

between San Pablo Rd and Hodges Blvd.

Time: 10:30

Meeting starts at 11:00 am till 1:00 pm

February 13, 2010

• Everyone who comes to the meeting must buy a meal.



**This meeting will be our 20th Anniversary honoring
our founder Sue Bridges .**

**Please come join in the fun and thank Sue for all she has done for our
group.**

Words from our President, Bill Hamilton



Hello to all my Peers and Friends,

The last time I wrote to, which was in September, I commented about the rain, rain and more rain that we had been having. Now it's about the cold, cold and more cold we recently have had. It has been nice to get back to what I remember as a more "normal" Florida winter!

On a personal note, I fared better with the cold weather this winter than last year because of the lessons I learned and share with you now. Most people, who do not have PPS, don't know that we have insensitivity to cold which brings on additional fatigue, muscle pain and even muscle spasms. But we know.

For me, it was all about wearing layers, having throws and blankets all about the house, an electric blanket on the bed and one on the couch too, a space heater at my legs when I work and a higher electric bill keeping the house warm. Oh, and making compromises with my wife and Golden Retrievers on the temperature setting on the thermostat. After all, I am not the only one who lives in this house!

And sometimes, I even wear long thermal Under Armor if I have to spend some time outdoors. My friends in Michigan and New York get a hoot about that. Long underwear in Florida? You betcha ...

So, for us, it is about doing the “little things” that make a big difference. Like layers and blankets it also about “Conserve to preserve”. If we have a choice between standing or sitting down, we sit down. If we have choice between sitting down or lying down, we lie down, keeping the house and office uncluttered and the things you use often easy to get to, pacing ourselves when we do our daily activities and knowing what is the right amount and kind of exercise we need.

Which brings me to this; one of the things we learned at the 10th Annual Post Polio Health International Conference held the Roosevelt Center in Warm Springs, GA last April is to always strive to find that personal slot of the right amount of activity our PPS bodies need and can handle.

Too much activity (overuse and abuse) for us is especially not good for us and not enough activity (disuse) isn’t good either. This will be one of the topics we will discuss at our next meeting. Please think about what you can share with the group and we will include some of our antidotal experiences of how we have, hopefully, found that slot.

Did I say at our next meeting? Yes I did, and that will be on February 13th at the Golden Coral on Jacksonville. This is our 20th year for the First Coast Post Polio Support Group. It would be great if you could prepare yourself to make it to our first meeting of the year and even better if you invited a fellow “PPS’rs” you haven’t seen in a while to the meeting.

I hope 2010 is getting off to a good start for you. So, I close with - Happy New Year to you and happy 20th to the group!

With all my best Bill, President FCPPSG

**My Favorite Potato Soup
by Janice Askwith**



- 3 tablespoons butter (I use Smart Balance)
- 3 tablespoons all-purpose flour
- 3 cups milk and 2 cups of water (mixed)
- 3 cups potatoes, peeled and cubed
- 2 stalks of celery, finely chopped
- 4 scallions, chopped (green and white parts)
- 4 slices bacon (turkey bacon), cooked until crisp and crumbled
- Salt and freshly ground black pepper

Melt the butter in a large saucepan over medium-high heat. Whisk in the flour and cook for 2 to 3 minutes, until the mixture is blended and smooth. Whisk in the milk & water until blended. Stir in the potatoes, celery, scallions and bring to a simmer, stirring frequently. Simmer on low for 20 minutes. Season to taste with salt and pepper.

Serves 4

Sudoku

	7	6	2				4	1
9	1	4	7		5			
5	2						7	
1	6			2	3			
		8		4		1		
			9	8			6	3
	8						5	9
			3		6	7	1	8
3	5				8	6	2	

Exercising the brain is healthy.
Answers on page 6

Welcome our Newest Board Member

With the passing of Joe Raker, a chair was left empty. We are proud to announce that **Carolyn Jones and Janice Askwith** has agreed to fill that position.

Accomplishments for 2009

With the 10th annual meeting of the PPS International Conference being closer to us this year, 4 of our members were able to attend the conference in Warm Springs, Georgia held on April 23-26. It was certainly an eye opening experience for all of our attending members.

A New Vice-President is Needed!

After having served as President for several years and having to also fill the shoes as Vice President, **Janice Askwith** stepped down from the position of interim Vice President. We need a member to step up to the plate and be willing to take on the position of Vice President. Please consider this carefully. If you have the time and are interested, please contact our current president, Bill Hamilton and request the position.

Looking ahead in 2010

After a slow ending to the year, we are gearing up for a new and exciting year with hopefully more meetings and some great speakers. We are also so excited that this is the 20th anniversary of the forming of our group. We owe Sue Bridges a great round of applause for all of her hard work in the past years to get this support group started. Many have benefited greatly because of her efforts. A meeting to honor her will be announced later. Please keep an eye open for this meeting and plan to attend to let Sue know how much you appreciate all she has done as well as our other leaders who will be in attendance. Keep an eye on our website and one on the mail for further information concerning plans for 2010. If you have any additional news that you would like to share with us, please contact me, Sheila Kilgore at 744-1394 or wwkilgore@comcast.net I would love to hear from you. You can also contact Bill Hamilton at 505-4021. God Bless you this year.

Respectfully submitted,
Sheila Kilgore, Secretary



2009 in Review

Welcoming our Newest Members

Bob Goodwin
Carol Gilbert

Teresa Train
Michael West

Brief synopsis of meetings

We had five meetings in 2009.

The first one was held on February 4th. There were 15 members and 11 guests in attendance. Dr. Alan Berger was our speaker. At the end of the meeting Janice Askwith passed on the duties of President to Bill Hamilton.

The second meeting was held on April 4th at the Golden Corral on Southside Blvd. We had 6 members, 6 guests and 1 new member present. This was our first meeting under our new president.

The third meeting was held on June 6th. This meeting slipped up on all of us and only two were in attendance. They had a brief fellowship and went their separate ways.

The fourth meeting was held on Sept 12th at the Golden Corral on Southside Blvd. This one was better attended. We had 12 members and 5 guests including 1 new member present.



The fifth and final meeting was held on October 31st at the Ramada Inn off San Jose. There were 22 members present and 16 guests. We had a number of members in attendance that had not been able to attend in a long time. The reason for the great turnout was the speaker, Dr. Gudni Thorsteinnson. We had a great lunch and a much enjoyed talk by Dr. Thorsteinnson. There were many questions for the doctor.

Dr. Thorsteinnson visit with us in October of 2009 was very appreciated. He has been a long time supporter of FCPPSG, as well as a member. Dr Thorsteinnson shared his personal experiences with PPS. He encouraged us with his message and information, then took the time to answer questions for 20 minutes. -He received the equivalent of a standing ovation. Thanks to all our members who attended to support him and benefited from his visit.

Saying Good Bye to some of our Beloved Members

Several of our members passed away in 2009.

They will be missed.

Lynda Scarpolazos from Brunswick, Ga.

Joe Raker from Jacksonville, Florida

Barbara Hardage from Jacksonville, Florida

God be with their families left behind.



Sudoku Answers

8	7	6	2	3	9	5	4	1
9	1	4	7	6	5	8	3	2
5	2	3	8	1	4	9	7	6
1	6	9	5	2	3	4	8	7
2	3	8	6	4	7	1	9	5
1	4	5	9	8	1	2	6	3
6	8	1	4	7	2	3	5	9
4	9	2	3	5	6	7	1	8
3	5	7	1	9	8	6	2	4



PPS Book Store

Books On Polio

Dr. Gudni Thorsteinnson gave us a list of books than can help us to understand PPS. Plus we have added a few to the list.

1. Post Polio Syndrome: Lauro Halstead & Gunner Grimby.
Pub: Hanley & Belrus: Sale Mosey 1995
2. Polio: An American Story. David Oshinsky, Oxford Univ. 2005
3. Managing Post-Polio: A guide to living well with Post-Polio Syndrome. Ed: Lauro Halstead, NRH Press, Washington, D.C. 1998
4. Post-Polio: A guide for Polio survivors and their families. Dr. Julie K. Silver, Yale University Press, New Haven and London 2001
5. Splended Solution: Jonas Salk and the Conquest of Polio. Jeffrey Kluger, Putnam & Sons. Pub: Penquin Group 2004
6. The challenge of Polio: the crusade against Infantile Paralysis: Ronald Berg, The Dial Press, New York 1946.
7. The Polio Paradox: Understanding and treating Post-Polio Syndrome & Chronic Fatigue 2003. Richard L. Bruno
8. The Inflammation Free Diet Plan by Monica Reinagel ("Inflammation contributes to more pain, disease and disability than any other condition. Unfortunately, may people unwittingly eat foods that greatly contribute to inflammation. This book explains how to eat to remain inflammation-free and healthy." Susan M Lark, M.D.

Dear Members

Happy Valentines Day



Roses are Red,
Violets are Blue
We "Ruff" this Valentine
Just for you.....

Bill
Eulie



SHEILA

Janice



Networking

Ask Dr. Maynard



Frederick M. Maynard, MD

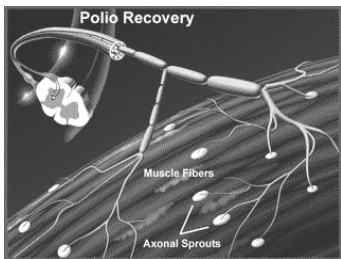
From *Post-Polio Health*, Vol. 25, No. 1, Winter 2009

Welcome to Ask Dr. Maynard, a new feature of Post-Polio Health. Frederick M. Maynard, MD, a longtime member of PHI's Board of Directors, is a recently retired physiatrist, a specialist in physical medicine and rehabilitation. He dedicated a significant portion of his academic and clinical practice over the last 25 of his 40-year medical career to the unique problems of polio survivors.

If you have a question for Dr Maynard, please send it to info@post-polio.org, with "Ask Dr. Maynard" in the memo line. Select questions will be published in future issues, while others will be posted on www.post-polio.org.

Question: I am aware that as polio survivors recovered from the initial bout with polio, we went through a process called denervation. Does this process of losing anterior horn cells (AHCs) and establishing new nerve pathways continue with post-polio syndrome? Gary Fredericks

A: Denervation is actually not a process but a condition of muscle that has lost its connection to a motor nerve cell body (AHC). Death of an AHC results in a process of Wallerian degeneration of nerve axons (fibers), and results in atrophied denervated muscle fibers. Partially denervated muscles are weak, whereas completely denervated muscles are paralyzed.



When nerve fibers from AHCs that survived the poliovirus infection grow new sprouts, which reconnect to muscle fibers without a nerve supply, re-innervation is said to have occurred.

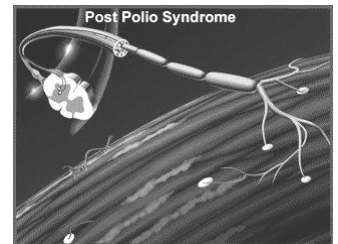
In most polio-weakened muscles there is a lifetime process of continuing new muscle fiber denervation and new re-innervation. In post-polio syndrome, the rate of denervation exceeds the rate of reinnervation, and new weakening is experienced.

Both normal aging and any ill health can slow down the process of reinnervation, which results in more denervated weakened muscle fibers. Post-polio syndrome may also result from something triggering a sudden speeding up of denervation, including new dying of AHCs.

Question: As my leg muscles become weaker, I notice that now I use my toes more than my whole foot when I walk. A polio friend of mine has made the same observation about his method of walking. Is this coincidence or is there a connection between weak leg muscles and using toes more to walk? Gary Fredericks

A: The anterior tibialis muscle is the primary contracting muscle that normally picks up the foot at the ankle joint to help your toes clear the floor as you pick up your leg. To compensate for weakness in the anterior tibialis muscle, adjacent muscles (toe extensors) that act to move the toes upward also contribute to picking up the foot when they contract and shorten because their tendons go across the ankle. In fact, you are not walking more on your toes, but with the over-activity, the toe extensor muscles and the big toe in particular, are in an abnormal "cocked-up" position during the swing phase of walking.

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2010 Update of Members and Dues

Name: _____

Address: _____

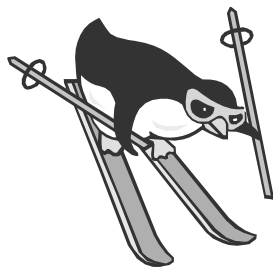
Phone: _____ E-mail: _____

Join our Birthday Club Month: _____ Day: _____ Year: _____ (optional)

Dues: \$20.00 Payable to ***First Coast Post Polio.***

Send Dues only to: First Coast Post Polio % Eulie Nahm
13047 Rocky River Road N.,
Jacksonville, FL. 32224

Please send this back with your check for updating our mail list. The cost of mailing has gone up as well as our website. This money also supports our door prize and gifts throughout the year. Thank you!



Exercising doesn't have to be all speed and beyond our reach. However Pilates can be very helpful for your muscles and lungs. Stretching helps us to stay loose.

Go slow and only do what you feel is comfortable.

There are a variety of health benefits associated with starting Pilates exercise, including the following:

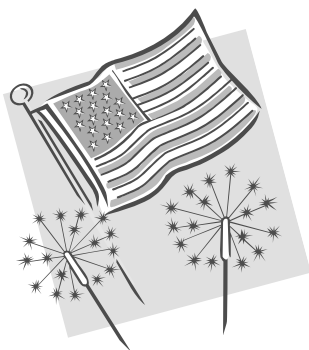
- improved balance
- improved posture
- improved circulation
- improved body strength
- strengthened muscles
- reduced stress levels

I personally do my exercises in bed at night before going to sleep. I found exercising on the bed is so much easier on my back and hips. The floor even with a mat is too hard for me. The bed is softer and will give with my bending from left to right making it easier to stretch.

Consult your doctor before doing any exercise program. Good luck and good health.

Janice Askwith

Happy New Year 2010



Staying Fit For The
New Year!!