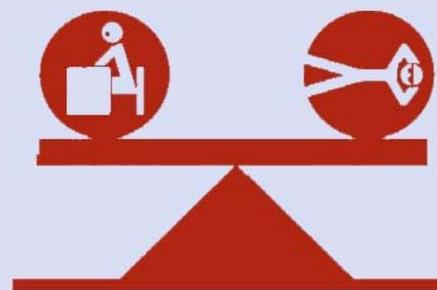


POST POLIO PACER

Conserving Strength and Energy through Pacing
January 2011 — Madison, Wisconsin
Madison Area Post Polio Support Group Newsletter
MAPPSG formed in 1985— This Is Our 26th Year!



We Celebrated 25 Years

The Madison Area Post Polio Support Group celebrated their 25th anniversary on November 13, 2010. Gail Kempfer welcomed the group of twenty-six people who introduced themselves prior to enjoying the food, fellowship, and delicious cake.



and Marcia and Bill Holman (right) for their contributions to the Support Group.



The founding members of the Support Group: Jane Clay, Pat DesNoyers, Cleo Elison, Fayth Kail, Gail Kempfer, Betty Leiser and JoAnn Ulvestad (deceased) were presented with a rose & baby's breath bouquet. JoAnn's flowers were presented to her sisters Lois Schmidt & Arlean Falkner. Betty Leiser (right) lead a brief discussion of remembrances about the acute phase of polio, the onset of post polio syndrome & the value of the Support Group.



Certificates of Appreciation, made by Mary Parks, were presented by Fayth Kail to Easter Seals Wisconsin (below left), Nick, owner of Monona Garden Family Restaurant (below right)



The following was printed in the souvenir flyer provided to each guest.

In memorium:

Those we love don't go away, they walk beside us everyday, unseen, unheard, but always near, still loved, still missed, always near.

With fond and grateful memories of those no longer with us but who had a significant impact on this group and the education, information, sharing, and friendship as a result of its founding.

WHY THE PACER IS SO LATE

By Marcia Holman

Did she fall and break her hip or did her hip break and she fell? It's a moot point, but at 4:15 a.m. on January 11, as I lay on the bathroom floor, the Pacer was not tops on my mind. I had what I hope will be my only ambulance ride to the hospital... The head of my left femur was repaired with appropriate hardware on January 12. After 3 days of PT, I was discharged home with my husband, Bill, as caregiver, & I couldn't have a better one.

Fatigue was my greatest problem, followed by the fuzzy thinking of the anesthetic and pain medication, but now I am beginning to feel much better. An afternoon nap is still a priority though. Yes, I remember to "pace" myself.

I am transitioning from walker to cane, am self sufficient in self care and in March will be walking well without aid.

The irony of this whole situation is that on January 28 I was scheduled for a left total hip replacement. Now the femur needs 9-15 months to heal before that surgery can be done.

Thanks for your patience.

Lights in the Jungle

By Kathleen Blair, Columnist

On New Year's Eve my granddaughter, Hava, arrived home from an environmental studies tour of Costa Rica. She along with two friends had traveled on a grant awarded by their college in Wisconsin.

Their purpose was to experience rural life in Costa Rica by working on a farm, and to learn about:

- 1-Its operations
- 2-How Costa Rican farmers make use of their land
- 3-Tropical plants, and
- 4-The culture of Costa Rica.

The three students flew into San Jose'. From there they traveled by bus to the "hub city" of Puriscal. At this point they boarded what Hava described as a rickety school bus which was expected to take them to the host farm. Their hosts at the farm expected them to arrive by bus as well.

By now you may recognize that this reads like the plans we made for our lives when we were young and healthy – we made plans and expected to arrive comfortably at our destinations.

Here's the rest of the story:

The bus bumped along a narrow road through the jungle for a time, then stopped suddenly and everyone appeared to be getting out. Hava and her friends shouldered their backpacks, moved to the front and asked, "Why has the bus stopped? Are we supposed to get out here?"

"There has been a mudslide and the bus can go no further," they were told. "But there are pickup trucks and motorcycles on the other side of the mudslide waiting for you."

However, there was no room for the three

students from Wisconsin and they were left standing alone on this jungle path with no choice but to start walking. There were no cell towers or any possibility of communicating with the host family that was expecting them.

Fortunately, they didn't have to decide which way to go – there was no choice – only one path to follow step by step.

I can relate this unexpected and inconvenient circumstance to the "mudslides" in our lives – Polio, Post Polio, increasing disability, giving up the active things in our lives, and the list may go on for many of us. The pickup trucks and motorcycles are the assistive devices we need to use to move forward along our own paths through the "jungle" of daily life.

Just as Hava and her friends had no choice but to follow the one path, we too, have only the choice of accepting each unwanted change and living one day at a time.

Hava told me how much they enjoyed stepping to the edge of the path to view the beauty of streams and waterfalls, butterflies and birds, flowers and foliage.

If we look we can see beauty in our "jungles" as well.

After a time when the road ahead seemed endlessly long, they stopped viewing the scenery and began to focus their energy on walking, putting as much trail behind them as they could before daylight ended, wondering how long before they would reach the farm or a nearby village.

It had been dark for a half hour by the time Hava and her friends came to a tiny village –



a store and a bar which were already closed for the night. Imagine their relief when they saw a young man sitting on a bench outside the store.

He understood their destination and, pointing, told them the farm was one kilometer "that way." Thanking him they began the last leg of their journey. He called after them, "Do you have flashlights?"

"Yes, we do."

"That's good because the poisonous snakes come out at night."

"Oh, no!"

They trembled from the realization that they had already **walked about five kilometers** through a jungle inhabited by poisonous snakes and other wild creatures.

Fearfully, with deliberate steps and flashlights illuminating the road ahead, Hava and her friends reached the farm safely and breathed sighs of relief as their host family greeted them.

Hava's journey through the jungle reminds me of the poisonous snakes we fear in our "jungles."

- 1-Increasing disability
- 2-Losing our independence
- 3-Running out of money
- 4-Being moved from our beloved homes, and more.

How can we light the paths through our daily jungles to avoid those poisonous snakes?

*As Hava and friends did in that jungle in Costa Rica, we need to grasp our flashlights and focus on the road before us, step by step, one day at a time. We light our way with **humility, courage and hope.***

*These are the **lights** I see at every Post Polio Support Group luncheon meeting as I look*

around the room at the cheerful, smiling polio survivors who have spent most of their lives in wheelchairs. In spite of disability, so many have accomplished so much!

It's a friendly, beautiful jungle after all if only we remember to pause and enjoy the splendor of each day, one day at a time.

In Memorium

Karla Kay Smith found Peace on January 24, 2011.

Karla was born on January 1, 1949 in the Nekoosa-Tomah, Wisc. area. She graduated, married and had one son, Robert Woods.



Karla was stricken with polio at the age of 15 months. Throughout her life, she courageously fought through numerous operations, illnesses and hospitalizations, but always continued to be a staunch and strong advocate for people with disabilities. Karla worked and volunteered with countless organizations, agencies, and committees to improve conditions, needs and awareness for people with disabilities.

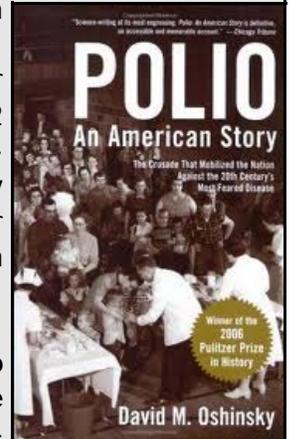
She was employed at Access to Independence, at one time for the State and volunteered with: The March of Dimes, United Way, Member and past Vice President of People First, Fair Housing, Madison Senior Coalition, Access to Independence, Board member of WAGS (WI Academy of Dogs), ADAPT (Americans for Disabled Attendant Programs), member and committee member of the Madison Area Post Polio Support Group.

Karla received recognition and awards from these organizations and we, her friends, will always remember her for tirelessly working for us. She will be missed.

A Few Good Reads

Bill Gates annual letter describes the many charitable endeavors his foundation is involved with—including eradicating polio in third world countries. This is a 23 page download, so not appropriate for those on a dial-up connection, but it is well worth reading. <<http://www.gatesfoundation.org/annual-letter/2011/Pages/home.aspx>>

Polio: An American Story by David Oshinsky. Winner of the 2006 Pulitzer Prize for History, this 342 page book may be available at your public library or can be found in hard or paperback at Amazon.com for under \$15.



If you missed "The Polio Crusade," featured in the PBS series American Experience, it is now available online at American Experience.

Do you have a polio related book you would recommend to our readers? Send us the title and author, and better yet, a short review to encourage others to read.

Your Generosity is Overwhelming

Oh, that my hair always looked as good as it does right after a haircut...

Many thanks to those who contributed to the gift certificate to my favorite hairdresser and signed the beautiful card presented to me at the Nov. meeting.



The love and caring of the Polio Support Group is a very special relationship. What we do for each other is a labor of love.

Thanks again, *Marcia*

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Do you have suggestions for speakers, topics, books to read and discuss, etc.? Call or e-mail (see e-mail list) one of the people listed above to suggest program topics or speakers, volunteer to organize one meeting program, share your knowledge (or find an expert) about becoming a non-profit organization or volunteer your talents (financial, organizing, etc.) as a committee member.

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To get your Pacer on line, set your email program to always accept messages from wghmch@chorus.net

Golden Rule of Post Polio Syndrome
 "If something you do causes you fatigue, weakness or pain, you shouldn't be doing it!"



Names in bold are new to the list or have an address change. To add your name and/or up-date your e-mail address to this list, notify Marcia Holman at: wghmch@chorus.net

POST POLIO PACER is a quarterly newsletter published in January, April, July & October for polio survivors, the Madison Area Post Polio Support Group, health care professionals and interested persons to share information and to promote friendships. Articles in this newsletter are for information; medical advice is always necessary.

Please request permission from the editor to reprint articles from the Post Polio Pacer.

Disclaimer: The opinions expressed in this publication are those of the individual writers and do not imply endorsement by Easter Seals Wisconsin or the Madison Area Post Polio Support Group.



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A NEWSLETTER FROM THE MADISON-AREA POST POLIO SUPPORT GROUP

Mark your calendars!

LOCATION:

Monona Garden Family Restaurant
6501 Bridge Rd., Monona
Noon to 2:30

Saturday, March 12, 2011
Mike Steinhauer, a Dane County employee,
will speak about
“Being Prepared for Emergency Disasters”

He will discuss what disabled people can do in times of disasters, like tornadoes, power outage, etc.

Saturday, May 14, 2011
Randy Spoerl will inform us about Rotary International’s programs to eradicate polio in third world countries and their work with people with post-polio syndrome.

Printing and postage is provided by:

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