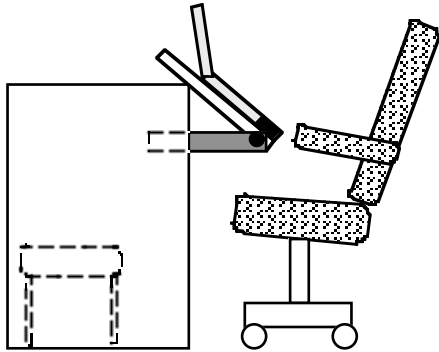


It Works For Me

Computer comfort

By
Van

Rick
Der



Linden

Last year I switched from a desktop computer to a lap top. I immediately ran into comfort problems. I tried it on a pillow in my lap, lying in bed, and in various positions at my desk without success.

I finally had an idea that works. My computer desk has the standard slide out keyboard tray (a flat board on two rolling rails) but, like everything else, it was too low. So, I detached the rails and re-attached them to the board in a way that allows the board to hinge at the outside edge allowing it to be set at an angle. (see drawing) Now I can lean my head back, and support my forearms while seeing the screen and the keys.

Later I replaced the rails with 1 X 2" lumber for a more solid setup.

An alternate solution would be to use an adjustable drafting board, maybe one that can straddle your easy chair?

One of the dangers of supporting your arms by resting you elbows is that nerve damage could cause numbness in the arms and hands. To address that issue, I adjusted the height of my chair to evenly

distribute the weight of my arms between the chair's arm rests and the keyboard.

As a backup plan, I found the ErgoRest JA330-013 (-016) arm rests on the internet.

I also have a fifth-wheel camper and, since I can't take my desk and chair along I've used an old shelf to make a tray that sits across the arms of my chair. This setup might even be used with a scooter.

Going to the Dentist

By Rick Van Der Linden

I used to have extreme anxiety because the Novacane didn't work and the side effect of too much of it was locked jaws, bruising pain, more anxiety, and weeks of recovery. All that changed when I told the dentist to NOT use epinepherin.

Novacane has a load of the stimulant Epinepherine (stimulant = makes you more anxious!). It is intended to extend the effects of the numbItStuff. Without it, the dentist has to hurry up and get the job done so you're there less time.

I also ask for a bite block to hold my mouth open. All I have to do is hear "wider..." a couple of times and I know I'm going to have weak and painful chewing muscles for a week or two.

Also, I find that if my chin is up too high spit and dental debris slips down my throat resulting in an extended coughing period. So, I ask for the headrest to be adjusted forward and that the chair is not leaned back further than 45 degrees. It means that the dentist has to stand up to work, so he gets done faster.

Before making these changes, I had a filling done and took two and a half weeks to recover. After the change, I drove away from the dentist feeling like nothing had happened.

Also, let them know that you can only tolerate a maximum of 45 minutes total office time including waiting. (Your mileage may vary)

MEETING REPORTS

San Diego Polio Survivors La Jolla Group

Meeting of July 10, 2003

Steve Goldman welcomed the 35+ attendees to the meeting and had everyone introduce themselves and share how they handle fatigue. "Taking a nap" was the most popular remedy for most of the group. Our guest speaker was Kel Bergmann, C.P.O. at SCOPE. He spoke about "New Developments in Orthotics" and brought samples of these new developments such as the new "carbon fiber" AFO called the "Walk On"--it is very lightweight but not useful for everyone. Another new development, which got many interested, is the "E" knee--an electronic knee joint. Kel reminded all that using some of these new devices depends on hip flexor control/capability, and stated the importance of having an evaluation done to determine if some of the new devices would be beneficial. Anyone wanting to know more about these new advances in orthotics can contact Kel at SCOPE by calling 858-292-7448.

Shirley Rogers, who just announced she is moving to Oregon as soon as her house sells, spoke to us on the Nikken socks--they keep your feet and legs at a constant, comfortable temperature. Shirley brought some samples with her and her

socks received testimonials from some of the group's members.

We were reminded of the Polio Symposium on July 13th and encouraged to attend, but get there early. Dr. Jim spoke briefly, updating us on some previous topics such as stem cell research, which is still ongoing. On another topic, he stressed NOT to take human growth hormones. Our summer PPS picnic was discussed. It is being held on Sunday, July 27th at Crown Point Shores, as in past years. It is from 10am to 2pm. Everyone attending will pay \$5 toward food, water, plates, etc. and should plan on bringing one side dish to share with all. Please come and join in on the fun!

The next regular meeting is scheduled for September 11, 2003. As the meeting adjourned, many went upstairs to the "Sports City" restaurant for a no-host lunch.

Submitted by

Mary Lee Poremba

_____ **The next meeting:** _____

September 11, 2003

Guest Speaker

Rick Van Der Linden
**"Managing Breathing Muscle
Weakness"**

Regular meetings are on the second Thursday of odd numbered months at: **La Jolla Village Square Community Room**, west of I-5 on Nobel.

For more information call **Rick Kneeshaw** @ 858-566-4016 e-mail piecon@mindspring.com

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San Diego North County Group

_____ **The next meeting:** _____

August 22

Regular meetings on the forth Tuesday of even # months from 1:00 to 3:00 at Joslyn Senior Center, Dorothy Boeger building, 728 Broadway, Escondido For more info. call Mary Timmons 760-738 0560 or e-mail LaRosa1234@aol.com

For information, contact
Linda Dempster@aol.com or (760) 772-5556

COACHELLA VALLEY POST-POLIO SUPPORT GROUP

The Coachella Valley Post Polio Support Group had a meeting on Friday July 11 at 1 PM. However, no one came besides Linda!

No meeting in August.

Meeting Time will be changed beginning September 2003 at the Portola Community Center , the 2nd Friday remains, the time change to 10 am to 12 noon. Maybe if it isn't so hot and we are more rested, we can get a turn out.

I have requested the time change and hopefully someone will come in Sept. If no interest is expressed in attending by Dec 2003, I will no longer continue to keep trying to keep this group going. Sorry folks, it is too much work with so little interest for me.

Hope you all have a great summer, stay cool, let me know if you are not receiving the PPS MANAGER sent out by Rick, (thanks for your hard work!)

Sincerely,
Linda Dempster

_____ **The next meeting:** _____

September 12, 2003

2nd Fridays at 1PM at Portola Community Center, 45-480 Portola Ave, Palm Desert CA

HEMET AREA POLIO SURVIVORS

Hi Everybody.

The first hour of the July meeting featured guest speaker Roy Miller. Mr. Miller, Respiratory Therapist at Hemet Hospital, gave us a top-notch education on how our lungs should work. He also explained many of the things that can go wrong and how to best prevent problems.

His advice: Drink lots of water to keep natural secretions thinned out so we can cough it up. Oh, and DON'T SMOKE!

Also present was Dr. Karen Jakpor. In the half -hour following Roy Miller's presentation weak breathing muscles was discussed in detail.

Karen used her KnightStar 330 BiPAP machine during the meeting and demonstrated the "breath stacking" technique she uses to produce a strong cough in spite of her weak breathing muscles. She also explained that an ambu-bag can be used to even greater effect.

Also at the meeting was Bill Neff. Just weeks after back surgery he rolled into the meeting on his new Segway. You may have seen the Segway on TV. You ride it while standing between two side-by-side wheels. He appeared to be floating silently along. Also, thanks to his use of the right information, Bill had safe back surgery. The surgery cured his acute back pain but the chronic sciatic pain goes on.

See ya next time.

Have fun....Rick

_____ **Our next HAPS meeting is:** _____

September 17
Open Discussion

Regular Hemet meetings are at 11 AM to 12:30 on the third Wednesday of odd numbered months at: Sun West, 1001 N. Lyon, Hemet for more info call Rick VDL (909) 926-5492

Riverside PPS Group

Reported by Rick VDL and Judy Mahoney

June 28 the Riverside Area Polio Survivors held their annual picnic at California Citrus State Historic Park. It was a beautiful day with 30+ folks and just enough shade. For the online edition, click on this link to see slideshow: [Yahoo! Photos - Slideshow](#), or email Judy at PPSRiverside@aol.com.

Judy and Bryan Mahoney did their usual bang-up organizing job. Dale Gerdes and Eddie Ceseña were on BBQ duty - mmmm good.

There were a few new people there, so there was plenty of PPS discussion.

And, there was live music! Eddie and I took turns playing the guitar. We had a bad case of the blues, and later Eddie and Judy got into the oldies-but-goodies.

It was a fun day. I'm already looking forward to next year.

Thanks to everyone who made it possible ... you brought (or sent) love, smiles, encouragement, food, money, ideas... friendship. Special thanks to Yolanda & Eddie Ceseña, who always arrive at the park before 8 am to hold our shady & accessible spot! And to Bryan for his untiring work...

The next meetings: _____

August 21

Meetings are usually the third Thursday of even numbered months at 11 AM at Judy's house.

For more info. call: Judy Mahoney (909)788-9310 or Betty McFarland (909)243-6991

Yucca Valley PPSG

Potluck meetings: Feb, Apr, Jun, Oct and Dec. on the 3rd Saturday at 3:00 p.m. Contact Joan Giesing, P.O. Box 681, Joshua Tree, 92252 Phone: 760-366-8729.

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Big Bear PPS Group

For information contact Marsha at
(909) 878-3092

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Victorville PPS Group

For information contact Doris at
(760)245-9058

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Thank you for reading the PPS Manager Newsletter. And, thanks for your help and your words of encouragement. Special thanks to Vivian Frame, Fred and Pamela Munson, Sandy Van Der Linden, Rick Kneeshaw, Joan Wesockes, Lesly Clark, Pat Sampsell, Karen Jakpor,

SPECIAL THANK YOU

Bob Doyle of FAST POSTERS

(619) 692-0610

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The PPS Manager is published every other month by REVanDerLinden and is presented as management ideas and is not intended as a substitute for medical care.

To give financial help,
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PPS MANAGER

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To submit ideas, writings, or commentary,
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PPSman@aol.com or call Rick at (909) 926-
5492