

FROM THE EDITOR

Hi Fellow PPS Manager,

As I begin work on the last newsletter of 2007, it seems impossible that yet another year is almost passed and the PPS Manager newsletter is still going. It started as a volunteer effort to share our hard earned lessons about PPS, and so it continues.

As you may already know, doing volunteer work is good for you. Just a few minutes of Internet research on the subject brought up enough information to write a book. But I didn't. In short, volunteering is good Karma. You should try it.

Just ask Gladys. In her San Diego meeting report, she wrote about me, so I wrote about her as part of my second installment of Pain Management Tools. I think you'll see the connection.

Also, notice the Holiday Parties your groups are throwing. Get out there and enjoy yourself. Go visit the other groups, make new friends, have some fun. It couldn't hurt.

Rick VDL

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Pain Management Tools: Part 2

by Rick Van Der Linden

Elder Study by Sunny Roller, M.A.

Your Letters, Meeting Reports

And much more...

Pain Management Tools:

Part 2 – Friends, Volunteers, Sharing

By R.E. Van Der Linden

In the last issue of The PPS Manager Newsletter (September, 2006) I presented the concept of using assistive devices – a scooter, braces, a bilevel machine, etc. – as pain management tools. But, physical comfort is only the first step. In this installment, I'd like to consider some non-mechanical ideas as pain management tools.

Meditation

Although I was never very good at classic forms of meditation, there have been several other methods that popped up over the years. My favorite is the Native American custom of going out alone to greet the new day.

For the past few years I've sat outside nearly every morning and watched as the light of day silhouettes the western horizon. I fixed up a little spot outside my back door where I can relax. I empty my mind of thoughts of the day, concentrate on my breathing, ignore the sounds of morning traffic, and listen to the sounds of birds or nothing at all.

Granted, I have a great view of the distant mountain, and there is seldom a cloudy day in Southern California, but you get the idea.

This five or ten minute routine sets the mood for the day and helps reduce stress in ways I never thought possible. The greatest benefit is that whenever an unexpected problem pops up during the day, I can revert back to

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that quiet moment and handle each new challenge with a calm and calculating approach.

Even if no pipes break, the car doesn't start making a noise, or you don't discover you've run out of red wine (hey, one a day is good for you, right?:-) you're still a step ahead of the game.

PPS Friends

Knowing you're not alone is very comforting. Go to meetings to learn and share PPS management techniques, find a better doctor, see the faces of real people who know your situation.

But don't whine about it. That just reinforces the bad stuff and transfers the negatives to everyone else. In spite of our problems, there's a lot of good to share and that's what meetings are for: moving forward for a better life.

On the other hand, for many of us the polio experience included serious emotional trauma. Occasionally, someone may come to a meeting in need of support in an area that's beyond our ability to help. Although some meetings have had guest speakers who are professional counselors, I've never been to a meeting that was lead by a psychiatrist and geared strictly for emotional rehabilitation. That's our chance to do some good by being there for that person in the spirit of friendship. It doesn't sound like much, but it is.

"Oh, the comfort, the inexpressible comfort of feeling safe with a person, having to neither weigh thought nor measure words, but pouring them all right out, just as they are, chaff and grain together, certain that a faithful hand will take and sift them, keep what is worth keeping, and with a breath of kindness, blow the rest away."

--Anonymous
Shoshone

Volunteerism

Reaching out a helping hand, having someone take hold, knowing you made a difference in someone's life: there's nothing like it. Everybody wins.

If you read Gladys Swensrud's San Diego meeting report in this issue, you'll see that she said a lot of nice things about me and about my volunteer work. Thanks, Gladys, but I do it for me, too.

And, the neat thing is, I do most of it from right here at my comfy chair. I poke around the Internet, think a while, stare out the window, talk on the phone ... it's not really hard to do, but I get a lot of positive feedback. It makes me feel good.

Gladys, on the other hand, does some really great things. Maybe her activities will give you an idea or two. She worked hard to make access to the San Diego Zoo and Wild Animal Park no longer a legal threat to those of us who are on wheels. She was

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instrumental in creating Kaiser's program for neuromuscular breathing patients, she makes blankets for children in need of comfort, and she just started volunteering to visit sick children at Kaiser. All this with no gain for herself other than the peace of knowing she made someone else's life better. Oh, and don't forget her comfort cookies!

Another thing that Gladys, myself, and many others do is share our stories and ideas. All you have to do is write it down and let me put it in the newsletter. Folks really appreciate hearing what others have to say. It's easy and everybody wins.

Find and Follow Your Passion

We tend to get caught up in this PPS thing to the point where there's nothing else. Being passionate about something produces natural endorphins – painkillers that, unlike pills, have little or no side effects.

I can't tell you how many times I've packed up my guitar to go out and play music with friends while thinking I was too sore to be doing this. Then, an hour later, the music is pouring out and I feel only happiness. Or I sit down to write thinking nothing's going to happen because I feel a little brain weary (like two hours ago) and here I am wondering where the time went.

We all have it in us. You can dictate your story onto tape or write it, you can read to children, you can do things you thought you couldn't. It just takes a little careful planning, and passion.

Let it out.

Things to Avoid

Too much of anything: coffee, alcohol, feeling sorry for yourself (a little bit is unavoidable, but don't overdo), news, exercise, medications, PPS information ...

Yes, I limit the amount of PPS stuff I read or think about. I get a dozen PPS newsletters, there are a couple of books about polio that I haven't read yet, and some research I could be doing but haven't done. There are also a few chat groups on the Internet that I don't take part in because it's too much for me.

Too much of anything can increase physical or emotional stress. Even if it's something that's good for you, if you do it in excess, you can get burned out and it will no longer have the beneficial effects.

In Conclusion

Finally, don't take yourself too seriously.

Fortunately, when I write for the newsletter, it's as easy as talking to a friend. I don't worry about what I say being misinterpreted. I'm just sharing my thoughts and experiences, just as I would like you to share yours.

So, don't be afraid to share. We're in this together.

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Elder Study

[Recently, Sunny Roller did a survey of 15 carefully chosen elders within the PPS community across the United States. The following is her summary of that project preceded by letters sent to the PPS Manager newsletter. – ed]

Dear Rick,

You perhaps remember that last year I was invited to participate in a study researching how PPS elder are coping with aging. There were 15 of us nationwide and the average age was 73 years. (I was obviously at the "ancient" end of the spectrum, since I will be 87 in December and Bill and I, incidentally, will have been married 65 years in Nov.) ...

I feel deeply privileged to have been a part of this soul-searching thought-provoking research. And I am honored to be in the company of Richard Daggert, whom I have known for many years and highly admire.

We, in our adventures with the effects of Polio are rightfully searching for solutions to physical problems endured from PPS and aging. I have often felt that the emotional factors with which we constantly deal are

not often enough addressed. And basic to it all is that profound word: ATTITUDE!

Beverly Mc Gaugh

[And, from Rick Kneeshaw, Leader of The San Diego PPS Support Group and from his second in command, Steve Goldman]

I thought you would enjoy knowing that our late friend Bob Hudson was part of this study. The researcher flew out to California to interview him after I recommended him as the most positive member of our group.

I sure miss him.
Rick Kneeshaw

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Hey Rick, et al,

Thanks for sending this along. Upon reading the story I could just picture Bob answering the way Ginny [Sunny Roller] depicted.

We all miss Bob's smiling face and dry wit at our meetings. I know he's up there needling me. I just miss giving it back to him!

Steve

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Ageing Well with Polio: Advice from Ginny and the Wise Elders

**Condensed from a Presentation by:
Sunny Roller, M.A.
Michigan Polio Network Annual Meeting
September 21, 2007
Mt. Pleasant, Michigan**

I remember in 1954, when I was a little girl of six who had been walking with long leg braces and two crutches for just two years, my Mom and Dad bought me a little doll named Ginny. Ginny became my favorite doll of all time. She was eight inches tall, had bright blonde hair and was very portable. Because she was small, I could carry her anywhere. Ginny and I became very good friends. We played in the dollhouse; we chatted and had fun in the back yard playhouse. She had all kinds of pretty clothes and was happy with me. We even went to the Detroit Orthopedic Clinic regularly and had several polio surgeries at Children's Hospital together. When Ginny first arrived in my arms, Mom carefully showed me that she came with a little printed heart-shaped tag around her wrist that said something very important to children about life. The tag read, *open your heart; open your mind. Look for the best and that's what you'll find.* Through the years, in my times of growth, searching, adaptation, struggle and bewilderment, Mom often reminded me of Ginny's simple but profound message to us about life. *Open your heart; open your mind. Look for the best and that's what you'll find.* Today, these optimistic words drift back to me stronger than ever as I apply them to my late

life years as a polio survivor.

Lately, I have become curious and concerned about growing old gracefully and happily. Statistics are showing that we have the same life expectancy now as our non-disabled friends. How do we who have struggled and succeeded with a progressive disability as children, teenagers, young and middle aged adults, face this time in life with hope and optimism? With the hypothetical "gift" of longevity, will our pain increase, our function decrease, our finances dry up and our losses be so huge that we will end up depressed, abused and lonely? That is scary--so scary that I decided to seek the truth about growing old successfully as a polio survivor. I was able to obtain a grant from the National Institute of Disability and Rehabilitation Research to go on an expedition to post-polio support groups all over the nation to find out how people like us are making late life work well and what advice they have for us.

My journey across the U.S. started in March of 2006 and finished nine months later in November. I interviewed 15 post-polio people: 12 in person and three by phone. They lived in five regions of the country. These were individuals designated by their support groups to be mentors on successful aging. They were the leaders, the role models or what I like to say, they were the post-polio wise elders whom their peer group genuinely admired and sought out for advice. All of them had had polio for more than 50 years. Seven were women; eight were men. Their average age was 73 years. Four walked with a cane or crutches and 11 used a wheelchair. All had experienced the late effects of polio and were living with some functional decline. Two have passed away since we met, from heart problems.

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Seven were married, six were either divorced or widowed and two were never married. All were living independently in their homes and had functional help doing so. Ninety three percent had a partial or full college education with 29% holding a graduate degree. Their average age at retirement was 58 years. Most were doing volunteer work and enjoying leisure pursuits.

When we met, I asked them questions about their lifetime issues, their perceptions of life with a disability, what they thought their most valuable coping attitudes had been and their definition of successful late life adaptation. I asked them what they wanted all of the rest of us to know.

They tell us to stay connected and open to other people including family; to continue to build and maintain a strong social network, as we grow older. This includes staying close to reliable friends who care what happens to us. One woman in the East even commented that *we should have made friends of all ages early in life so we don't run out in old age!* Building and staying close in family relationships is very important. Those who were still married exceedingly treasured having an understanding spouse. They told me that networking with groups of friends in the community is very important, which includes reaching out and helping others.

The suggestion for greater success from the wise elders that surprised and pleased me the most had to do with opening our hearts up more than ever to fresh joy and pleasure. They told me how vital it is to enjoy life and have fun! We have worked so hard all of these years proving we could make it with a disability, raising families, earning a living, and just getting from place

to place. Now is the time: let go to just laugh and play again.

Perhaps more unique to polio survivors than other elders who had not grown up with a disability, they declared that it is important at this stage in life to completely accept who we really are now. We need to fully embrace ourselves with our unique life stories, our polio-affected bodies with old and new physical limitations. Denial doesn't work one bit anymore. These wise elders have learned the fine art of being comfortable with themselves as they really are and open to who they are really becoming. "Accept yourself" sounds simple, but is tremendously complicated, challenging and profound.

They told me in a variety of different ways that it is important for us to continue using our brainpower to adapt to life once we have accepted what is happening. Adapt in smart ways. Be proactive and advocate for ourselves. We need to be assertive and go after what we need and want. Get functional help around the house or to get out of the house. Also, be financially prepared for this time in life or develop new clever ways to assure more financial security for the years ahead.

Getting a good education was one of the most repeated coping tactics that people used to get through life. They advised us to continue learning and stay connected to the young minds around us.

Meeting and spending time with these 15 post-polio role models was an exceptional pleasure and privilege this past year. They shared specifics about their individual lives and unknown to each other, gave us agreed upon guidelines for good living.

Perhaps the final advice that struck

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home the strongest with me had to do with their attitude toward life now. **Every single wise elder told us that attitude is powerful and that it is critical to look for the positive in all things.** Most of the wise elders, but not all, had a spiritual life that they could describe. Some were religious and others looked to a higher power through nature or in other ways. *Connect with a higher power to transcend disability*, the wise elders are telling us.

In spite of their youthful sorrows, their family problems and their mid-life struggles, these highly-regarded polio survivors were filled with graciousness and enthusiasm for life. The information they shared is neither rocket science nor is it new. But it can affirm what we already know and help us to become aware of areas in our lives that may need to be strengthened. I asked the wise elders to give me one word to describe how their lives are right now and here is what they said: *I am content; I am flourishing; my life is better now than it ever was before--it is so good it's like a dream; I live with a sense of anticipation and hope.*

Ginny whispered to me a long time ago that there is hope. And today she reminds us that if we open our hearts to people, to ourselves as we really are and to having fun, we will be stronger. If we open our minds to assertive and clever adaptations, and to lifelong learning, we will be comfortable. And if we look for the best, stay positive and seek a spiritual focus we will remain energized. *Open your heart; open your mind. Look for the best and that's what you'll find.*

MEETING REPORTS

San Diego Post-Polio Support Group

Meeting Notes, Volunteering, and More By Gladys Swensrud

The guest speaker at our September meeting was our very own PPS Manager, Rick Van Der Linden. We tremendously appreciated that he drove the 100 mile round-trip distance between Hemet and San Diego; he shared not only his thoughts on respiratory issues, but, to the delight of all in attendance, he entertained us with his guitar and harmonica talents as well.

Although this might veer from the traditional meeting report, I have a rare opportunity to sing Rick's praises and, at the same time, cover an issue about which he has asked me to write and share some thoughts – volunteering. Volunteering takes many forms. In Rick's case, I know first hand that he: travels to speak to various groups within southern CA, spearheads the Hemet Area Polio Survivors (HAPS) group, writes and edits our local area PPS newsletter, answers endless questions posed to him via email and phone calls about respiratory issues, constantly updates the PPS Manager website, picks up HAPS members without transportation prior to meetings to be sure they have a ride, drives ill friends to doctor and hospital appointments, etc., etc. Without hesitation, Rick gives of himself and his time doing kind things for others and helping wherever a need exists.

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Volunteering is good for the soul! Helping others tends to take the focus off of self and places it where it has the potential to do greater good. There is a particular feeling of warmth of heart which comes from helping a child or giving of your time to assist a friend in need.

Regardless of your skill level, there are many ways in which each of us can volunteer to help improve the communities in which we live. We can offer to tutor students at a nearby school; we can volunteer at our neighborhood library. Reading to a youngster is one of the most valuable gifts which you can share with a child. While improving their reading skills, you are simultaneously also giving them a bit of your time and attention, both commodities in increasingly short supply in today's hurried world. And don't forget, seniors in nursing homes need that one-on-one attention as well. They love playing cards or games. Just having someone to sit and talk with them can bring sunshine into an otherwise mundane day.

Even those of you who are homebound can do things to make a difference. You can volunteer to help your PPS group facilitator phone group members prior to meetings. You can answer the call of national PPS groups to support legislation to help the disabled. You might do something as simple as making cookies for a friend. If it makes your heart smile with happiness, then you know your time has been well invested.

Thanks, Rick, for all you do, but especially for what you do to improve communication within PPS groups throughout our state.

That contribution alone is priceless in more ways than you can imagine!

HOLIDAY PARTY

December 8, 11 AM
White Elephant Gift Exchange,
Entertainment, and Food

____The next San Diego meeting:____

November 10

December 8, 11 AM
HOLIDAY PARTY

Regular meetings (until further notice) are at 10 AM on the second Saturday of odd numbered months at: Kaiser Permanente 4647 Zion Avenue San Diego, CA 92120. For more information call **Rick Kneeshaw** 858-566-4016 or piecon@mindspring.com Or go to <http://polio.home.mindspring.com>

COACHELLA VALLEY POST-POLIO SUPPORT GROUP

As I slid into the October 12th meeting a few minutes late, it was clear that having one more facilitator is a bonus. Joe Camaya and the group of new faces, and the faces that make almost every meeting, were already sharing the summer break events.

An interesting theme immersing within the summer break travels of many was 'accessibility of accommodations'. Although reservations were made early and it appeared that the destinations advertised the

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accessibility of rooms, homes, and grounds, there was an apparent non-meeting of the minds of just how accessible things might be upon arrival:

* Second floor room with elevator access became a challenge when the dog decided the elevator just might be some creator wanting to swallow up all that enter. Just how do you pick-up a dog in one hand with a cane in the other, and still keep your balance?

* The vacation home by the coast with beach access? The wheelchair and caregiver both gave out about the same time, and the view was enjoyed from not exactly the beach... Hum, the bathroom that *almost* fit the wheel chair was another challenge

I can go on about the short comings of accessibility issues by saying that these trips were certainly enjoyed even if not perfect in the definition of 'accessibility'. The parties involved did include management personnel, and all seemed to have been enlightened. So, a good time and learning experience was had by all.

Kurt Sipolski has good news to share; the article he wrote, "IRIS: Too Early for Flowers" was optioned by Trinity TV – a production company, which specializes in faith and family values films. The idea will be presented to filmmakers at their annual convention in Santa Monica at the end of October. If IRIS is selected to be made into a first-of-a-kind film, it will certainly bring polio back into the limelight.

Joe brought more members' notebooks and also the book *Managing Post-Polio*, a guide

to living and aging well with PPS, second edition by Lauro S. Halstead. If members or PPS Manager readers need copies contact Joe Camaya 760-365-3587
stan-n-ollie@msn.com

Joe has a list of speakers and topics he is working on for future meetings. We need speakers. If you can recruit your doctor, nutritionist, physical therapist, agency or group that might be of interest to our group please, contact Joe.

Thanks, Barbara Hall

 The next meetings:

November 9

December 14

2nd Fridays at 10 AM at Portola Community Center, 45-480 Portola Ave, Palm Desert CA Park in rear. For information, contact Joe Camaya stan-n-ollie@msn.com, (760) 365-3587 or Barbara Hall
whall233@aol.com, (760) 329-9593

Escondido Post Polio Group

--No report filed--

 The next meeting:

December 11

Regular meetings on the second Tuesday of even # months from 1:00 to 3:00 at Joslyn Senior Center, Dorothy Boeger building, 728 N Broadway, Escondido
For more Escondido info. call Mary Clare at 760-741-5075 or postpolio@cox.net

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HEMET AREA POLIO SURVIVORS (HAPS)

Hi Everybody.

We had a really good meeting in October. Though there were just a few of us, we had a lively two hours discussing doctors, insurance, the upcoming meeting schedule, Measure G, and much more.

A few of the members have recorded weight loss. As you know, losing a few pounds can make life easier for us by reducing the stress on our joints, improving efficiency, lowering the overall pain level. Gayle lost 15 pounds by loosely following the Weight Watchers plan, but she also noted that she heeded advice picked up at a HAPS meeting: First: Bread is a big offender. Second: If you eat sugary foods, your body will crave more. Cut it out, and the craving will go away.

Because so many people had a hard time with the earlier meeting time of 10 AM, we decided to change it to 11, which meant we had to change the day as well, or find another room. So, starting in January the third Tuesday it is. Don't forget. Apparently, this is better for church people, too.

We also decided that, because the November meeting would be so close to Thanksgiving, we would skip it, so **no November meeting**. For December we're having our annual party instead of meeting. This is sure to be our biggest ever!

Have fun ... Rick

BIG CHRISTMAS PARTY!

Date: DECEMBER 16

Time: 11 to 2

Place: Valley Wide Recreation

Esplanade Ave. San Jacinto

POT LUCK

Ornament exchange (\$7.50 limit)

Rick will provide live music

You don't have to be a HAPS member, everybody's welcome.

Bring the whole family.

RSVP call Bunny 766-7118

NOTE:

STARTING IN JANUARY

NEW MEETING DAY

AND TIME:

THIRD TUESDAYS

11 AM TO 1 PM

____Our next HAPS meetings are:____
November – NO MEETING

DECEMBER 16

PARTY

Regular Hemet meetings are at 11 AM to 1 PM on the third TUESDAY of every month at: Sun West, 1001 N. Lyon, Hemet. For more info call RickVDL (951) 926-5492 or Bunny Smith 766-7118

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Riverside PPS Group

October 20, 2007

The small size of our meeting did not diminish lively discussion, great fellowship and a wonderful meal.

Betty was concerned about knee surgery. The first order of business was to send an email asking our email list for input about knee surgery. We subsequently received some responses.

As we age, knee problems are more common. A knee replacement does not mean you get a new kneecap. Rather, the kneecap is no more! So you cannot get down on your knees again. [Please share your story for the next issue – ed.]

From knees we segued into a discussion of stairs. Going up or down stairs, always take one step with one foot only. The practice of pausing with both feet on the step before taking the next one puts too much stress on the knees. We couldn't figure out why it is bad, but the knee doctors say it is.

Two members told us they have found that going down stairs is better accomplished going backwards.

What to do about leg cramps? These can keep you from moving, and certainly cause pain. One doctor says drink lots of water to avoid cramping, but it doesn't always bring relief.

Beverly McGaugh told Judy recently that she is so disabled that getting ready for the day can take four hours. People see her all lovely looking, and her vibrant personality, but they have no idea how long it took her to just get out the door.

Weight gain – a sensitive subject for most of us. Since we can't do normal exercise and burn calories, we have to consume fewer calories. Water exercise, while not strenuous at all, is very beneficial. Dr Bruno's book (*Polio Paradox*) says daily activities like housecleaning can constitute calorie-burning exercise.

Breathing – A few years ago Chris and Eric Kodama had demonstrated a breathing exercise routine. As some recalled it, you breathe in as much as possible, hold it, and when you push it out, you imagine you are pushing it out through your feet or hands. Three shared they do it often – sometimes when trying to fall asleep, or at end of their exercises at the Y... It may be called Meditation Breathing.

Our **Holiday Party** will be Saturday, Dec. 15th, 11 am (not the usual 10 am). We supply the roast. Guests may bring side dish if they wish. Live music with Rick n Eddie (if available)! Sing the old favorites, great fun.

Judy Mahoney

— **The next Riverside PPSG meeting:** —

December 15
HOLIDAY PARTY

Riverside PPSG Meetings: third Saturday of even # months at 10 AM. - at the home of Bryan & Judy Mahoney, 3465 Ramona Drive, Riverside CA. For more info. contact: Judy PPSRiverside@aol.com (951)788-9310 or Betty McFarland (951)243-6991 bbooplink@aol.com

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Big Bear PPS Group

For information contact Marsha Hart at
(909) 878-3092 or Email
healthwithhart@charter.net

Victorville PPS Group

Next meetings:

November 6
December 11

Regular meetings: Second Tuesday of every month. Location varies.

For information contact Vi at (760) 949-6775, or e-mail BillHerold@aol.com

Polio Survivors Plus of Orange County

Report by Sue Lau

Respiratory relief.

The general membership of Polio Survivors Plus (PSP) looked forward to the October 24th meeting, which was to feature Polio Survivor Gladys Swensrud. Unfortunately, the California fires caused her to stay close to home and be prepared for evacuation. Also, with the air quality taxing everyone, the Board of Directors decided to cancel the October meeting.

Instead, PSP's Board of Directors elected to personally call each member and to keep telephonically in touch.

Involvement Promotes Socialization

According to a study, conducted at the University of Chicago, researchers reported that loneliness caused more senior people to have higher blood pressure, lower levels of "good" cholesterol and higher levels of the "fight or flight" hormone epinephrine. Social isolation is linked to problems dealing with stress, poor sleep, heart disease, weak immunity and even Alzheimer's disease. Some 20 large-scale studies now indicate that the more socially integrated a person is, the longer one's life can be. This month, PSP members kept in touch by telephone as the fires filled the air with unhealthful matter and hence, socialization continued on a different level.

To Park or Not To Park

It's recommended that if you keep a copy of the new DMV code to prevent an unnecessary citation or to accelerate a dismissal.

The California Department of Motor Vehicles recently were amended, providing an exemption for those with special license plates or placard. The code reads:

-- DMV Code 22511.85: A vehicle, identified with special license plate issued pursuant to Section 5007 or a distinguishing placard issued pursuant to Section 22511.55 or 22511.59, which is equipped with a lift,

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ramp or assistive equipment that is used for the loading and unloading of a person with a disability may park in not more than two adjacent stalls or spaces on a street or highway or in a public or private off-street parking facility if the equipment has been or will be used for loading or unloading a person with a disability, and if there is no single parking space immediately available on the street or highway or within the facility that is suitable for that purpose including, but not limited to, when there is not sufficient space to operate a vehicle lift, ramp or assistive equipment or there is not sufficient room for a person with a disability to exit the vehicle or maneuver once outside the vehicle."

Spread Love

Happy Harvest, everyone! It's that time of year again when we want to be with others, but we need to be extremely careful because we could catch the flu or a very bad cold. Good practices can help you to spread the love, but not the flu or other contagious conditions.

The single best way to help prevent the flu is to get vaccinated. Anyone who is 50 years or more; anyone with a chronic health condition like PPS, diabetes, etc.; anyone living with or caring for someone who are considered high risk patients, should be vaccinated at this time.

The next best practice is proper hand washing. Experts say that hand washing should be scheduled at least four times per day to reduce the spread of diseases by at least 50%. When washing your hands, it's recommended to use warm, running water

with liquid or bar soap. Vigorously rub one's hands together to work up a sudsy lather away from the running water. Wash the front and back of one's hands, between the fingers and under the nails for at least 15 seconds. Then rinse one's hands well under warm water for another 15 seconds before drying one's hands with a clean towel or by air. When water and soap aren't available, use the waterless hand sanitizers or antibacterial wipes.

We Are One - The Future

While membership is open to caregivers, health care providers and polio survivors, PSP's Board recently voted to collaborate program efforts with Laguna Woods' Hearing and Vision Impaired Club. PPSers and those who care for polio survivors are invited to learn about the "Jitterbug" phone this coming November 9th, Friday. Outreach Representative Meredith Berry will be the guest speaker. This special phone was designed by GreatCall, Inc., of Del Mar, CA, whose mission is to simplify technology and make it available to everyone. Then on December 14th, all (with confirmed reservations by December 7th) are invited to celebrate the holidays with an appearance by Clown Alley and "Piano Magic That Touches You," featuring Ralph Carnow, DDS. Both meetings will begin at 2-3:30 p.m. in Clubhouse 3 of Laguna Woods Village. Refreshments will be served.

In addition, everyone is also urged to mark their calendars for a special program that has just been scheduled to take place at 1:30-3

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p.m. on Wednesday, February 20, 2008 and that will feature:

Letters

Carol Vandenkakker, MD
Physical Medicine and Rehabilitation
Residency Director
University of California - Davis

For reservations and additional information, contact Sue Lau at (714) 639-7497. Again, the upcoming free programs are:

November 2 "Jitterbug Communications"

December 14 "We Are One" Holiday Celebration

Next meetings:

November 9
December 14
Holiday Celebration

Meetings are held at Laguna Woods Village, 23822 Avenida Sevilla, Laguna Woods, CA. For information and to RSVP for gate entrance permit, contact: Sue Lau at (714) 639-7497 or e-mail Maliebchen@aol.com

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Visit the new
www.ppsmanager.com

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To my Fellow readers,
If you need a humidifier for your bilevel, I have two unused that I no longer need and would rather give away than throw in the trash.

1 - Respironics H2 heated humidifier with heater and reservoir.

1- Respironics LX Passover (unheated) humidifier.

They should work fine with any bilevel. I talked to Rick and he said you could contact him at the newsletter.

Phil Black.

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Dear Rick. I really appreciate your newsletter. Thank you! I suffer from excess mucus in my throat, and in an old recipe book I found some old home remedies, the first one I tried worked for me. A tablespoon of cider vinegar in a glass of water sipped during the day, (and night if required) it really does help. Best wishes from Somerset [United Kingdom]!

Bridget Langdon

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Dear Rick,

... Your newsletter continues to be "chockfull" of excellent information. It is very helpful to me, and I continue to share the appropriate information with my doctors – such as, Xyrem and Epinephrine.

Enclosed is an article from today's paper [regarding illegal use of handicapped spaces – visit www.handicappedfraud.org to submit suspected violator's license number and relevant information] for you and your readers. This is a pressing issue.

Lois Jackman – Yes I Can.

PPS MANAGER

--
Hello Rick,

As usual, I enjoyed reading the latest PPS Manager, the September issue. If others haven't already done so, I would like to respond to Carolyn M.'s letter about dry mouth.

I too suffered from dry mouth, and a humidifier didn't seem to help. Neither did drinking lots of water. It's a serious condition that can lead to dental problems. My dental hygienist suggested trying Oral Balance, a dry mouth moisturizing gel made by Biotene. It is available over the counter in most larger drugstores and at drugstore.com. I got some, followed the directions on the tube, and was delighted to discover it really helps. My dry mouth problem has been cut 80 to 90 percent. It may not work for everyone, but it certainly is worth a try. Incidentally, Biotene also puts out Oral Balance in liquid form, but for me, anyway, it doesn't seem to work as well as the gel.

Keep up the good work, Rick.

Delmer Ross

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Greetings,

Thank you for sending the PPS info. Sheet – we don't get out to the meetings, but enjoy hearing about what is going on.

A contribution is enclosed to help with the costs.

Sincerely,

Marjorie and Glenn Williams

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THANKS

Thank you for reading the PPS Manager Newsletter. And, thanks for your help and your words of encouragement.

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Information contained in this newsletter is not intended to be a substitute for professional medical care