



Newsletter

A QUARTERLY UPDATE FOR NEW JERSEY POLIO SURVIVORS

Spring 2013 / Vol 23. No. 3

Reservations Being Accepted for PNNJ's Annual Conference: Saturday, April 20th

“PATHWAYS TO WELLNESS” IS CONFERENCE THEME

by Jean Csaposs

A varied program focused on staying healthy and active as we age will bring polio survivors, family members, and friends to PNNJ's 23rd annual conference, “Pathways to Wellness,” on Saturday, April 20th. The day-long meeting at New Jersey's Bridgewater Marriott Hotel begins with continental breakfast at 10 a.m.



Frederick M Maynard, MD

Frederick M Maynard, MD will pay a return visit to our Network conference as keynote speaker on “Strategies for Maintaining Health and Wellness among Polio Survivors.” One of the nation's foremost authorities on post-polio issues, Dr Maynard is a strong advocate of holistic approaches to the treatment of the disorder. *Ask Dr Maynard* is a regular feature of the quarterly Newsletter published by Post-Polio Health International (PHI).

Two Afternoon Workshops Planned

After our traditional festive luncheon, two workshop sessions will be offered, each scheduled twice, at 1:30 and 2:30 p.m. Jennifer Coutinho, senior speech and language pathologist at Somerset Medical Center, and a specialist in dysphagia and rehab for neurological disorders, will conduct a workshop on “Swallowing Problems and What You Can Do About Them.” A therapist at Somerset's Sleep, Voice, and Swallowing Center, Ms Coutinho has treated PNNJ members and others who are experiencing dysphagia, an increasing problem for many polio survivors as we age.



Linda Wheeler Donahue

Linda Wheeler Donahue, president of Polio Outreach of Connecticut, a world traveler, and a much sought-after speaker on accessible travel for people with disabilities, will lead what is sure to be a lively workshop entitled “Don't Be Afraid to Travel!” Her co-panelists will be two other knowledgeable and experienced travelers, PNNJ vice president Joan Swain, and Board member Lottie Esteban. All three panelists use mobility devices and have a wealth of practical advice for attendees on how to navigate, whether on land, sea, or in the air, and whether in the U.S. or abroad.

Vendors of goods and services of interest to attendees will participate in the conference. Following adjournment, visitors are welcome to attend the quarterly meeting of the PNNJ Board of Directors.

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Energy-Saving Bulb Danger

By now, we have all seen them. We probably all have some in our homes. They have many different names: compact fluorescent lamp (CFL), compact fluorescent light, and compact fluorescent tube, all describe a fluorescent lamp designed to replace an incandescent lamp. They consume less power and have a longer service life than the more familiar incandescent lamp.

But there is a danger posed by these “green” lamps: mercury exposure and poisoning. Like all fluorescent lamps, CFLs contain mercury. This fact complicates their disposal under normal conditions. The problem is exacerbated when the lamp is broken and the mercury is allowed “out of its box.” The symptoms of mercury poisoning typically include sensory impairment (vision, hearing, and speech), a lack of coordination, skin discoloration, tingling, itching, burning or pain, and shedding of skin.

Mercury in lamps is typically present as either elemental mercury liquid, vapor, or both, since the liquid readily evaporates at room temperature. When broken indoors, lamps may emit sufficient mercury vapor to present health concerns. Breakage of multiple lamps presents a greater concern. Injection of mercury into the body through broken glass that is contaminated is of particular concern.

The following are the recommended actions to take in the event of a broken CFL.

- Evacuate the room, taking care not to step on the broken glass littering the floor.
- Ventilate the room for a minimum of 15 minutes (EPA recommendation)

(continued on page 4, column 2)

For more on the Conference Travel workshop and for other great travel tips, see Page 3.

Annual Conference

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Registration Under Way

A registration brochure is included in the mailing of this *Newsletter*. Additional copies can be obtained by calling 201-845-6860 or e-mailing info@pnnj.org. Registrants can sign up by mail or online. Through a generous contribution from the NJ March of Dimes, PNNJ is able to offer the 2013 conference, including continental breakfast and lunch, for \$28. A limited number of “scholarships” are available for New Jersey residents who may not be able to afford the conference fee. Call 201-845-6860 for information on how to apply.

Some visitors may wish to enjoy an overnight or weekend stay at the Marriott; the registration brochure gives details. We look forward to welcoming many polio survivors and friends, not only from New Jersey, but from other states as well – near and far – to an enjoyable and educational gathering on April 20th!!

STROKE HAS A NEW INDICATOR

During a BBQ, a woman stumbled and took a little fall. Onlookers offered to call the paramedics, but she assured everyone that she was fine. She said she had just tripped over a brick because of her new shoes. They cleaned her up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane’s husband called later telling everyone that his wife had been taken to the hospital. That evening, Jane passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today.

Doctors say that if they can get to a stroke victim within 3 hours they can totally reverse the effects of a stroke. The trick is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours.

Remember the “3” steps, STR, the first three letters of stroke. Sometimes symptoms of a stroke are difficult to identify. Now doctors say a bystander can recognize a stroke by asking three simple questions:

“**S**” Ask the individual to SMILE.

“**T**” Ask the person to TALK and SPEAK A SIMPLE SENTENCE coherently (e.g. It is sunny out today.)

“**R**” Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.

Additionally, there is a new sign of a stroke. If the tongue is “crooked” – if it goes to one side or the other – that is also an indication of a stroke. So ask the individual to STICK OUT YOUR TONGUE.

REPRINTED FROM *POLIO PERSPECTIVES*, MI, SPRING 2012, AND SECOND TIME AROUND

Thank You, Friends

Many thanks to the friends who responded to our request for year-end giving in our last newsletter. Your contributions totaled 63 end-of-year or early 2013 gifts. This generosity helps us provide our newsletter, our annual conference, and services such as the Ruprecht Fund and the Joyce and Arthur Siegfried Memorial Fund at Post-Polio Health International. Your gift helps all polio survivors maintain their independent lives.



Ruprecht Fund Update

The PNNJ Ruprecht Fund has rendered assistance amounting to a total of \$30,209 over an 11-year period (from January 2001 to the present.) Seventy-nine individual grants have been made. If you believe that the Ruprecht Fund may meet your polio-related need, see our website for details (www.pnnj.org) or call Maria Perez at 201-996-9100.

Doc Spot

The Polio Network of NJ is frequently asked for referrals to doctors who are knowledgeable about post-polio syndrome. Some of these inquiries come from individuals in NYC and its surrounding counties. We’re pleased to add the name of Judith Glaser, DO, an osteopathic doctor who has offices in Flushing, NY, and New Hyde Park, NY.

Dr Glaser’s office addresses follow:

Mon, Wed, Fri:
41-05 Northern Blvd
Suite 1G
Flushing, NY 11354
718-888-9989

Tuesdays:
2035 Lakeville Road
Suite 300
New Hyde Park, NY 11040
516-492-3307

Recently, a doctor friend of ours visited the Bacharach Institute, near Atlantic City. He noted that there are five osteopathic doctors on the staff there. Below is the address of the Bacharach Institute, which, incidentally, got its start in 1924 as a hospital for children with polio.

61 W. Jimmie Leeds Road
Galloway, NJ 08205
Phone: 609-652-7000

A Call for Pain Doc Names

We’re had several requests for names of doctors who treat pain. If you have a pain doctor that you’d like to recommend, please send his or her name, address, phone number to:

Polio Network of New Jersey
PO Box 537
Martinsville, NJ 08836

E-Z Pull Door Closer

Built of acrylic, the E-Z Pull Door Closer is easy to attach with the use of no tools. Users of wheelchairs, scooters, and walkers who find that the challenge is not always passing through a doorway, but closing the door afterward can make effective use of the E-Z Pull Door Closer to bring convenient ease to the task. The E-Z Pull Door Closer is strong and flexible and includes an acrylic hook with adhesive backing that allows unobtrusive storing while the E-Z Pull Door Closer is not being used. Commercial doors are not designed for use with the E-Z Pull Door Closer. Available at www.sportaid.com at \$14.49. SOURCE: *NEW MOBILITY* DECEMBER 2011

“The Master’s Muse” Soon in Paperback

Varley O’Connor’s critically well received novel, *The Master’s Muse*, will be released in a paperback edition by Scribners on May 7. It is currently available in hardcover, Kindle, MP3, audiobook, and audible audio edition, all unabridged. “*The Master’s Muse*” tells the story of Tanaquil LeClercq, the brilliant young dancer, and her husband, the legendary choreographer George Balanchine, after polio ends her ballet career. O’Connor’s late father, a polio survivor, started the Michigan Polio Network.

The Accessible Home

Deborah Pierce’s book, *The Accessible Home: Designing for All Ages and Abilities*, is filled with useful photos and stories drawn from case histories. It has received favorable reviews from numerous publications and organizations. Published by Taunton Press, it is available at www.taunton-store.com and www.amazon.com. It can also be ordered in electronic format through iTunes (book section).

SOURCE: *NEW MOBILITY*, FEBRUARY 2013

By Car, Plane or Ship – Tips to Ease Your Travel

TRAVEL NEWS

By Alice Sparar

The American Drivers Alliance/ADA Nationwide offers emergency road services to members with disabilities. Some of the services are: Road Service, such as lift service; wheelchair or scooter assistance; emergency towing; battery jump start, repair or replacement; mechanical adjustments; tire change, repair, or replacement; extrication/winch service; lockout service; fluid delivery; passenger transport.

There is also Concierge Service, such as, prescription delivery; Emergency Travel Assistance, such as lost baggage search or lost travel document assistance; Emergency Medical Assistance, such as medical evacuation assistance, prescription replacement, and dispatch of doctor to hotel.

I have more peace of mind now that I’m a member, because when using the usual emergency road service companies, like AAA, there is no way to transport an individual who uses a power wheelchair. We can’t climb into the truck and there’s no place to stow a wheelchair. This road service provides us with the transportation we can use. For more information go to adaautoclub.com or call 800-720-3132.

REPRINTED FROM *THE POLIO POST*, SPRING 2012 AND *SECOND TIME AROUND*, JANUARY 2013

Roadtripping Made Easier By Alan Troop

The National Mobility Dealers Equipment Association lists fear of getting lost as one of the reasons why some wheelers develop a fear of driving. Their recommendation? Use a GPS or print out directions from the Internet.

Garmin’s 5" screen, 3590LMT (\$399.99), and the 3490LMT (\$349.99), its 4.3" screen little brother, come packed with enough features to counter the argument that smartphones have eliminated the need for a stand-alone GPS. At the top of most rankings and rated excellent by Consumer Reports, the units come with Garmin 3.0, the company’s newest, fastest guidance program, quad-friendly capacitive glass touch screens, and bodies almost thin enough to rival an iPhone’s.

The devices also boast free lifetime maps, free traffic updates and Bluetooth hands-free calling. But what impresses most is the convenience their voice-activated navigation offers. Truly hands-free, unlike anything else in the industry, the unit comes alive when you say “Voice Command” and offers up a list of choices, like Find Address, Go Home, Stop Route. Choose one and the device will prompt you through the applicable menu, all done verbally.

Of course, as any smartphone user who has been reduced to screaming at Siri (Apple’s voice recognition program), or Android’s equivalent can tell you, the technology still has a way to go. Road noise, accents, low speaking, mumbling, and plain old programming weirdness can sometimes confuse it. You can get better results by entering your information when you’re at a stop – and also lessen the chance of driver distraction.

SOURCE: *NEW MOBILITY*, FEBRUARY 2013



Have Wheels...Will Travel!



Whether it’s to an exotic Caribbean port via luxury cruise ship, where Joan Swain is about to re-embark after a day in town, or to a festive luau in Hawaii with Lottie Esteban, her family and friends, these ladies love to travel! On April 20th, they will share their adventures with you.

Need to Convert a Step?

If so, you may find the answer at www.convertastep.com. ConvertaStep lifts and ramps work easily with entries of one or up to five steps and are designed to blend in with any home. A unique carpet-covered "Welcome Mat Ramp" lies flat and serves as a door mat when not in use at a threshold of 1" to 8". The ConvertaStep lift platform is 36" wide and 6' long and is placed at the bottom of existing steps. The actual lift surface remains flat when not in use, leaving only the handrails visible (if desired or needed), allowing the entry stairs to be used by other occupants and visitors. The platform raises and moves smoothly forward by pressing a wireless remote switch effectively spanning the steps. The small, cost-effective lift comes in three sizes that are adjustable to span one and up to five steps, and can be painted to blend with any house style and exterior. Phone: 260-969-8645; website: www.convertastep.com.

Must-Have Reacher

Check out your new must-have item: the Telestik. Dubbed the lightest reacher ever made, this retractable reacher extends 3' and has both a washable adhesive and magnet end that does the grabbing for you – and can even fit in a purse. The Telestik can lift items up to 1 pound. See www.blackanddecker.com/gyro
SOURCE: *NEW MOBILITY*, FEBRUARY 2013

A Screwy Gyro Screwdriver

Motion-sensor technology has found a higher calling than bringing realistic video game play to the masses. Black & Decker has infused this technology into a powered screwdriver, and the end result is the "Gyro." This tool automatically starts screwing with a flick of the wrist. Minimal grip is required to activate it. Cost is \$40. See www.blackanddecker.com/gyro
SOURCE: *NEW MOBILITY*, FEBRUARY 2013

Energy Bulbs

(continued from page 1)

- Do not clean the debris of the broken lamp with a vacuum cleaner as this will spread toxic mercury droplets throughout the house either immediately or upon the future use of the vacuum.
- Don protective gloves: use a broom or brush to sweep the debris into a dustpan; empty the contents of the dustpan into a plastic bag; seal the plastic bag.
- Do not dispose of the plastic bag into an ordinary refuse receptacle.
- The debris is lawfully a Hazardous Material and must be disposed of accordingly.

Depending on the severity of the spill, a more thorough clean-up regimen may need to be employed. Private companies exist that specialize in this type of operation.

SOURCE: *SALISBURY (MARYLAND) FIRE DEPARTMENT TRAINING NEWSLETTER*, APRIL 2012

Another Pushing Aid

Maxmobility Smart Drive is the latest technology to make pushing a manual chair easier. This design is a wheel that snaps to the back of a wheelchair, and it is a hulking-strong wheel that takes the user up inclines, over carpet, down curbs, and even lets them push one-handed. Cost: \$6,933.75. See more at max-mobility.com/products/smartdrive.

Polio Network of New Jersey NEWSLETTER

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You Can Copy Us!

You are welcome to copy material from this newsletter. We ask that you credit the Polio Network of New Jersey Newsletter.

Tuning in on the Polio Network of NJ

ATLANTIC COUNTY AREA

Ye Olde Mill Street Pub
6033 Main St, Mays Landing
3rd Wednesday at 12 noon
Contact: Marge or Steve Disbrow
For directions and to confirm date
609-909-1518
kittystamp@comcast.net

BERGEN COUNTY

Maywood Senior Center
Duvier Place, Maywood
1st Saturday, 11:30 am-1:30 pm
Contact: Heather Broad 201-845-6317
hbroad@netzero.net

ESSEX-UNION AREA

80 South Munn Avenue, East Orange
2nd Saturday, 12 noon to 2 pm
March, June, September, December
Contact: Edwina Jackson 973-699-1564 or
Thelma Van Liew, 908-753-6514
nubianqueen8@aol.com

MONMOUTH COUNTY AREA

Seabrook Village
300 Essex Road, Tinton Falls
3rd Monday at 2 pm
Contact: Toni Wilczewski 732-229-9343
skywash01@aol.com

MORRIS COUNTY AREA

Denville Municipal Building
1 St. Mary's Place, Denville
3rd Saturday, 11 am
April, May, June, September,
October, November
Il Villaggio Restaurant
22 Gibraltar Drive, Parsippany
973-644-4888
Dinner meeting, 3rd Wednesday evening
March, July, December
Vince Avantagiato 973-769-0075
drvince@njpolio.org

OCEAN COUNTY AREA

Health South Rehabilitation Hospital
of Toms River
14 Hospital Drive, Toms River, NJ 08755
Four (4) times a year on Saturdays
April, June, September, and November
Contact and confirm date and time with:
Jerry Bojko 732-505-0151 or
Susan Payne Gato 732-864-0998
Website: www.tomsrivernjpolio.org

RARITAN VALLEY– Somerset/Hunterdon Counties

Manville Library, Manville, 908-722-9722
1st Saturday, 10:30 am-12:30 pm
Oct, Nov, Dec, March, April
Contact: Ray Jajko 609-531-6595
flyguyray@verizon.net

SOUTHWEST JERSEY AREA

New Seasons at Voorhees
501 Laurel Oak Road, Voorhees
4th Saturday, 10:30 am-12 noon
Contact: Anna Nasuti 856-740-1106
amn46@comcast.net

As meeting locations, days, and times may change, it is advisable for those who are not in frequent touch with support groups to call the contact persons in advance of your planned attendance.