

APPA NEWS

The Atlanta Post-Polio Association

Volume 32, Issue 1

Spring 2019

Special Issue

Welcome to Dr. Richard Bruno and all participants in the
May 4, 2019 APPA Polio Survivors' Conference.
Thanks to all that have contributed toward making this event possible.

Watch for a Summer **APPA NEWS** —(Email only version)
For details and pictures from the Conference and
Other news updates.



**APPA — Marching On
Volunteers Join the Team**



Warm springs Field Trip. Page 16



FODAC Field Trip. Page 6

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Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters, and advocacy. APPA is a 501(c)(3) nonprofit corporation. All contributions are tax deductible.

To contribute and join APPA, see back page.

2019 APPA Board (pictures on page 14)	
Carol A. Crumby	President Fund Raising Director
Rita Carlson	1st Vice President Programs and Public Relations Director
David Jordan	2nd Vice President
Barbara Mayer	Secretary
Shannon Morgan	Treasurer Database Administrator
Pat Harris	Member Advocate
Leslie Schulgen	SNAF Director
Alan Mitchell	Parliamentarian
Allie Belle Harrison	Registration Director

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President's Message

Greetings Polio Survivors and Supporters.

APPA begins 2019, building on the success of the previous year and kick starting this year with the Annual Business Meeting – **March On: A Volunteer Legacy**. Typical of most polio survivors, we doggedly seek solutions to our unique needs and those who share our cause. Remembering that when most of us were young, our parents, neighbors and community participated in the *March of Dimes*. We had national support, at that time. The old reliable systems have reinvented themselves to meet the needs of today, unaware of the lingering and resurging after effect of polio. So...today we build on yesterday's initiatives and develop our own advocacy tools and systems. We are grateful for their legacy as we build a new strong legacy designed to meet our current needs.

Committed to supporting and networking around post-polio syndrome issues, we gather and devise a plan. We listened to you and have developed a year that we hope you find informative as well as engaging. We want to hear from you. We find more members commenting and questioning us on Facebook and the website. Thank you. Your interaction is just what we need. The APPA members have generated interest in reaching out to FODAC, organizing a visit with Dr. Bruno, inviting fellow support groups, exercise programs, arthritis session, Medicare updates and more. You have reached out to introduce potential members to APPA. We have shared information and resources with fellow support groups, PHI, families, friends, our physicians, therapists and medical community, as well. As fellow survivors leave, the baton is passed to new members. Look for this year to carry out our theme, as we tell our story to meet needs of our members. Thank you for volunteering and continuing to **"March On"** through 2019 and beyond.

Faithfully Committed,

Carol Crumby - **APPA President**

From the Editor

In a 2017 [APPA NEWS](#) there was an ominous sentence: “Most groups function until they burn out the last few members willing to do the work required. What happens over and over is the groups close up shop! Is that going to be the fate of APPA?” NO WAY!

When I read that Joe Drogen wanted a rest from being Editor, my first thought was that some particularly skilled person (PSP) will take over. My second thought was that I could maybe do it without too much physical stress. The third thought was another particularly skilled person will volunteer. A few months went by another PSP (particularly skilled person) did not volunteer. Then last week Carol called and mentioned that there was still no PPS PSP. I did not think, I just said okay I will do it. Carol should catch a few more of us like that.

So here I am your new editor. Thanks to Joe’s template and tutoring, I maybe can pull this off. I have not attended as many Saturday monthly PPS meetings lately, because I am lazy. Also it is a long drive on the Interstates and the Atlanta traffic news is always a bit scary. In two years I have become a Georgia country driver but not so much an Atlanta driver. Those who do so are either PSP’s on the road or just crazy people. There are actually a lot of APPA members who cannot be at the meetings, but we can do what we can to maintain APPA as the friendly volunteer group that it is. See Pat’s article Page 9.

Though I cannot meet you face to face very often I want you to think about helping keep the [APPA NEWS](#) alive and what you can contribute. There is no other PSP around; only you can tell me about a book other APPA folks might like. Maybe there is a place you want to recommend. I still think about Barbara’s [APPA NEWS](#) article about getting around Europe in her wheel chair. Wow! Did you know there are people in the Florida PPS group that went together on a cruise? And there is one planned for next year if you want to go too. They put their experience in their PPS newsletter and now I want to go too. However, until I can afford or brave a cruise, I want to edit the [APPA NEWS](#) with ideas that come from you. Email your ideas to me: Nancy@prime.org. Thanks!



Nancy Winter

SPECIAL NEEDS ASSISTANCE FUND (SNAF)

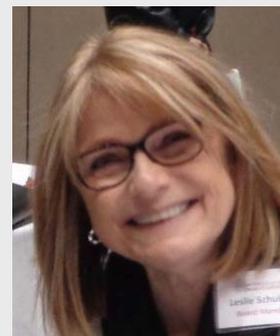
Leslie Schulgen

APPA polio survivors ALERT. Within the next few months you might want to check our website for information on the revival of an old APPA program, SNAF, with a simplified, new look. This program modifies the way SNAF funds will be distributed to active polio survivor members who are up-to-date on annual dues and need to be financially assisted with devices that increase stability and mobility.

In order to assist our polio survivor members in purchasing, refurbishing or installing, much needed medical devices, APPA, in partnership with FODAC (Friends of Disabled Adults and Children), has decided to help ease the financial burden. We will use the following process:

REQUIREMENTS

1. Post Polio Survivor and active APPA dues paying member in good standing for 2 yrs. before submitting request.
2. The member can apply for up to \$1000 per year with a lifetime limit of \$3000. This will also include help with the one-time FODAC membership of \$25 if help is needed.
3. After submitting the application and being approved, the item can be secured or refurbished at the FODAC facility near Stone Mountain. FODAC will forward any bill to APPA.
4. If, or when, the medical device is no longer being used, it must be recycled back to FODAC.
5. When the medical need is more customized to the person, the application will indicate the vendor/medical provider accompanied with documentation of the need and cost. The application for funds must be approved before purchase by APPA member.



Friends Of Disabled Adults and Children FODAC

On Saturday March 2, 2019, APPA Members toured FODAC in Stone Mountain. If you missed the tour, you can see it online.

Big thanks to Allison Stockton for filming APPA field trips and meetings and making the videos available on the Website.

<https://www.atlantapostpolio.com/media-room>



David Carroll, FODAC
Volunteer Coordinator

APPA's March meeting turned out to be a fun and informative experience at FODAC, in Tucker. Lunch was provided for us, and then David, part of the FODAC team, talked to us about this wonderful source of support for the disabled community that reaches far beyond Atlanta. Although I had heard about FODAC through APPA, I did not know how much this organization has grown over the years.

David took us on a tour of the warehouse, thrift shop (too bad there was no time to do a little shopping), and offices. In the warehouse we saw tons of inventory of all types, in various stages of prep for readiness to GIVE to folks who need them. Not just wheelchairs and scooters, but walkers, crutches, hospital beds and other supplies filled the warehouse. David told us they also work with FEMA to provide needed equipment after disasters. To say the least, I was quite impressed with what I saw and learned.

Cathy McIntire

The FODAC tour was educational and unbelievable! I knew that the organization provided equipment to those with disabilities in Atlanta, but they also provide equipment and services to people in the state of Georgia and to those nationwide. It was amazing to see the quantity and variety available to everyone in need. I'm so glad APPA will be partnering with FODAC!

Patricia Harris

Continued on next page

Considering a charitable donation to FODAC?

Here is how I made the decision to do so. I toured the facility on a Saturday. Up front you will see a ton of equipment ready to be released to people who have requested items. Power chairs, walkers, crutches, rollators, etc. Just this alone shows the actual results of the effort being made there to serve the disabled community. To really “seal the deal” take a look at the ratings for FODAC by the well respected Charity Navigator recommended by Clark Howard. Here is a link: <https://www.charitynavigator.org/> FODAC is highly rated with an overall score of 93.04 with a four out of four star rating. They have held a four star rating since 2015. In a day and age where you can't always trust how your charity dollars are being used you can surely trust FODAC.

Joe Drogan.

Follow-up Interview **Volunteer and contact information for FODAC**

Rita Carlson

The Atlanta Post Polio Association met Saturday, March 2 at FODAC located in Stone Mountain. David Carroll, the volunteer coordinator for the organization, led the tour of the facility. David stated that he had a broken neck from a car accident and had spent considerable time at the Shepherd Center for rehabilitation. When he received a call from FODAC for a position with the organization, he was delighted to accept the position as this position had special meaning for him.

David stated that there are many opportunities for volunteer work at his facility in the areas of general maintenance and the thrift shop. Volunteers have included churches, business leaders and college students. The organization, which is a non-profit organization 501 (c) 3, has provided over \$10 million each year to recipients for automobiles, home medical equipment and computers in addition to financial help. FODAC also provides a thrift shop for the public and is open M-F from 10-5 pm

Continued on next page

and Saturday 10-4 pm. The group also provides disaster relief around the U.S. and territories and gives excess medical equipment to international service agencies.

FODAC also holds fundraising events such as Run, Walk, and Roll which will occur Saturday, May 4th. For more information consult their website at Friends of Disabled Adults and Children for updates and how to donate equipment such as wheel chairs, scooters and home medical equipment. There is an administrative fee for \$25 for equipment purchases plus small fees as needed. For information as to the process of donation call (866-977-1204) or locally (770)491-9014 or through Facebook.

**THANKS to those who donated to APPA
through the Georgia Gives Program.**

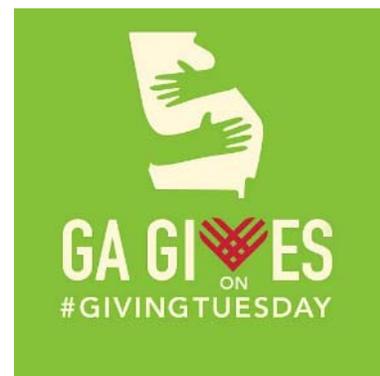
Karl Barnum
 Jerrie Brooks
 Jo Caywood
 Carol Crumby
 Sandra Crumby
 Lis E
 Lynn Frisco

Joan Adams
 James Harrison
 David Jordan
 Wanda Kandel
 Sarah Mayer
 Bradley Mayer
 Alan Mitchell

Wayne Nichols
 Leslie Schulgen
 Jared Smith
 Eileen Sterns
 David & Karen Gibson

The Atlanta Post Polio Association
 participates in Georgia Gives.

Giving Tuesday, the Tuesday after
 Thanksgiving; this year, on
 December 3, 2019.





Member Advocate and the Outreach Team

Pat Harris

The APPA Outreach Team consists of Charlotte Terry, Billy Pond, and Gloria Mims. Each month they conduct wellness checks on about 20 of our stay at home members. I am also a part of this team as Member Advocate.

My basic duties include membership contacts and services. As new members join, I send them welcome packets that contain pertinent information about Post-Polio Syndrome, a list of Doctors in Georgia that specialize in Post-Polio, deep breathing and stretching techniques, a recommended book list, and ideas on how to make your living space more accessible & energy efficient. These are just a few items in the packet.

As a service to our members, I mail out Birthday and Anniversary cards monthly. When needed, I also send Get Well cards to members and Sympathy cards to the families of deceased members. To our Donors we send Thank You cards. Many have expressed their appreciation for the cards. I believe it's a great way to let them know APPA is thinking about them.

Sometimes I am asked to assist in other areas. For our 2017 Website Launching I solicited freebies for the usage and enjoyment of our guests and members; that was a new experience for me. Last year I created a flyer and survey in order to coordinate carpooling for our trip to Warm Springs, GA. That was a lot of fun! This year I assisted in updating our database, and will help with registration for our May 4th Polio Survivors' Conference.

Finally, I've encouraged our members to volunteer as pseudo-patients for Georgia Tech students working on a Masters in orthotics and prosthetics. This is an activity that's dear to my heart, as I have volunteered for the past 4 years. Last year three of our members, along with myself, participated. So you see, my duties are never ending, but I appreciate the challenge and will enjoy completing every task.

APPA *Membership*

Welcome to some of APPA's newest members

**Joan Adams
Lynn Frisco
Carol Vish
Deborah S. Nelson
Rita Rovira**

**Boisede N.Yasin
Sherry Osburn
Jeannine Eggleston
Paul Blazeski
Jimmy Brownlee**

Lifetime APPA Members

**Gloria J. Mims
Marcus E. Gunter
Cheryl & Jack Hollis
Marie T. Moore
Wayne & Cynthia Nichols
Shirley Ann Duhart-Green
Peggy Pruett
Linda Priest**

**Rudolph Jones
Patricia J. Dorset-
Bullington
Rich & Jenny Worsham
Joe Drogan
Dick & Anita Weir
Betty Wright
Alan Mitchell**

Special Thanks to our
Advanced Level Members

James & Allie Harrison Platinum
Donna Jane Kilgore Platinum
Ravi Patel Gold
Patricia Harris Gold
Leslie Schulgen Gold
Rachel & Edwin Buice
Robert W. Weathersby II Gold
Carol A. Crumby Gold
Thaddeus Lee Gold
Ray G. Fitzpatrick Gold
Bernetta Calhoun Gold
Barbara Mayer Gold
Marion C. Weaver Gold
Diane Staubus Bronze
Casey & Saundi Harrison-Cooksey Bronze
Michael & Jymbellyn Carthon Bronze
David Jordan Bronze

Thank You!

The To-Do List

Nancy Winter

This article is for folks who tend to over-do it too many times. Those of you who keep faithfully to your calendar and task lists, you have my full respect and awe. Relevance to PPS will be highlighted in pink.

I know I am not alone in the typical polio survivor habit of trying to accomplish all those things that need doing at once. Beyond the daily living requirements, most of us face numerous jobs in our work or household, or even hobbies and bucket items which nag us (I will not list mine here, but you know).

Last August I started this article (when we had a real [APPA NEWS](#) Editor) This reviews what I learned at the beginning.

Day 1 in review: I am still brimming with dopamine*. I took my own advice and made a to-do list. I spread it out over 4 days. Some of the tasks took a few hours, but others just 20 minutes or so. If by chance I accomplished a task not yet listed, I wrote it on the to-do list and checked it off. Some nagging tasks from months back now had wonderful check marks. Yes, I felt good. (check)

The most important items on the list: twice-daily 30-40-minute on-the-couch rest times. The dopamine spurt I got from checking off 3 of the items kept me from falling asleep during the morning rest, so I relaxed with a book. Rest (check), book (check). With renewed energy, I wrote and checked off more tasks right up to the time for the afternoon nap. (check)

I was able to truly relax after Day One because the other tasks were scheduled on Days 2-4.

Day 2: What about the others?

What about others who make demands on our time and focus? the day goes by and there are still two items left on the to-do list. This happens at work and at home. Even if we live alone, some small thing can impede our progress through the list, like tripping or cutting a finger. Do we get discouraged, give up on the list, get angry with the disruptions? NO!

The To-Do list is not the BOSS. How does the saying go: "if you think God doesn't have a sense of humor, try making plans"?

*Dopamine: One of the 4 built in brain chemicals that makes us feel good and thus repeat productive activities. You give yourself a dopamine burst every time you accomplish something. Endorphin is another one. See [APPA NEWS](#) March 2018, page 14.

Okay so my lesson on Day 2 : laugh with God. Laughter gives us endorphin*. Two items from Day 2 are put off to Day 5. (check)

Day 3: Rule of Rest

As I walk through the house, I kept finding things to add to the list so I extended the number of days. After accomplishing tasks from Days 1-2 and just one item today, I took a nap and fell asleep for an hour.

I figure my neurons and muscles know what they need, right? Anyone reading this, be sure you understand how to listen to your PPS warnings. Ignoring signs of fatigue makes PPS worse, rest alleviates PPS troubles in muscles and joints. Richard Bruno in The Post Polio Paradox explains this physiology so well. For now just trust me: Rest! (check)

Day 15: I just don't feel like...

.... dusting the bookshelves, or filing, or working on the webpage! This is the sort of mental and physical fatigue I have come to accept on some days. The trick here is to write "take a nap" on the to-do list, get the nap, then put a check mark there on the list. Simple!

After the rest, the dopamine and endorphin, I am ready to get back to work. Originally I was striving toward 100 check marks. Dishes (check), wash one window (check). Clear my email in-box (check). Read 40 more pages of book

for reading group (check). Process an order (check). Call an old friend (check). It took 19 days to get 100 checks.

The good thing about the list is I start each day with a certain purpose: look at the list and get to it.

The bad thing about making a list in advance is the frustration when not everything gets accomplished. To keep frustration from becoming despair, at the end of the day I write in all the things that did get accomplished, even if not already on the list, ie move dark clothes into dryer (check), put whites into washer (check). 5 checks I have had a good day, 10 checks and I have had an awesome day.

Day 182: The to-do-list habit

My list, which I started 6 months ago, along with this article, are saved on one notepad, and I've kept up the habit. I have had fewer PPS triggers and my mood is bright. It's fun to see all those check marks. Organized rest periods really work. (check) (check)(check).

Thank you to our 2019 APPA Board Members



Carol A. Crumby



Rita Carlson



David Jordan



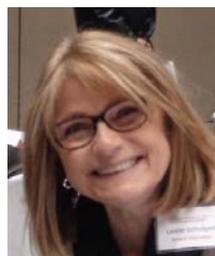
Barbara Mayer



Shannon Morgan



Pat Harris



Leslie Schulgen



Alan Mitchell



Allie Belle Harrison

Upcoming 2019 Programs

APPA general meetings are usually on the first Saturday monthly starting in February. No meetings in January or July. APPA Board meetings are quarterly.

(Some dates change due to holiday weekends. Watch for announcements.)

June 2019 Meeting: Program will be on cancer and nutrition.

Please contact Rita Carlson, our Program Director if you have some program ideas or want more information. About what we have coming She is looking forward to hearing from you. Email her via APPAemail@gmail.com

A Day with GA Tech Master of Science in Prosthetics and Orthotics



Seated: APPA members Pat Harris, Leslie Schulgen and Carol Crumby with GA Tech MSPO students. Back row, 2nd from the left: Dr. Geza Kogler, Director of the MSPO program; back row, second from the right: Brian White

Carol A. Crumby

As a recent patient model in the MSPO program practicum, I had the opportunity to meet with and participate in the education of future professionals in prosthetics and orthotics. I wear a brace and use a cane. I was one of four participants in this class. Three of the models met on the same day and had four students (two teams of two). Another model met on an alternate day and had one team. The teams were charged with the responsibility of designing a brace to meet our particular physical challenges. Caroline and Brian, Max and Will were students who formed my teams. What an awesome experience! See the variety and originality of the students' products in the picture above.

At the conclusion of the class, we discussed the ongoing opportunity for members of our organization to participate in such a great program, only to discover that the MSPO had been recommended for closure. GA Tech, the first to offer a Master's program for orthotics and prosthetics, trained many of those who helped start new programs around the country. This program is one of 13 in the country, another being in my hometown, at my alma mater, the University of Pittsburgh. A professor from GA Tech's program was recruited to Pitt. CBS featured a story on one of the students who served on my team. Listen to Brian's inspirational fight to save MSPO and his unique experience as a student.

<https://www.13wmaz.com/article/news/local/dublin-amputee-leads-fight-to-save-georgia-tech-prosthetic-program/93-551898143>

Click on the link below for information on how you can help.

<https://mail.google.com/mail/u/0?ui=2&ik=7475002859&attid=0.1&permmsgid=msg-f:1608979964565074884&th=16543ec0c69f33c4&view=att&disp=inline>

Field Trip to Warm Springs

Look for more about the Warm Springs Field trip with pictures in the Summer 2019 APPA NEWS.

Rita D. Carlson

The Atlanta Post Polio Association visited the Warm Springs Vocational Campus in Warm Springs, Georgia Saturday, September 8, 2018. The Warm Springs campus was built for the purpose of helping people with disabilities from polio. By 1960 more than 20,000 individuals used the facility. This included three of our members-Betty Wright, Margurita Rovia, and Vickie Crowell. Betty Wright donated money for one of the 120 columns used for the facilities.

Linda Creekbaum was the tour guide for the campus tour. She stated that APPA was her first tour group and that Linda Priest was a member of the group at that time. She covered broad aspects of the tour. This included information about the role of Franklin Delano Roosevelt, technology, and tenacity of the human spirit of polio survivors. FDR created the Warm Springs Foundation as a private organization. In 1974 the state of Georgia assumed responsibility for the facilities. It is now operated by the Georgia Vocational Rehabilitation Agency which helps people with disabilities obtain employment and skills for independent living. The facilities are now a national landmark.

The group visited the campus pool where polio survivors swam. The pool now needs to be rebuilt. However, the money for building the pool then was donated by Robert W. Woodruff. At that time the pool was built for only \$40,000. The hospital and various wings of the campus were also discussed. The tour ended in the dining room where parties were held and where FDR would attend Thanksgiving holidays.

The group ended their tour with a social gathering at Bulloch House Restaurant in downtown Warm Springs.

For more information about the Warm Springs facility consult the website at <http://www.gvs.ga.gov>.



APPA 2018 Year-end Review

Dear APPA Member,

Thank you for your support to APPA. We are grateful for those who were able to attend and contribute to a successful Annual Business Meeting. We missed those who were not able to attend. We had an exciting 2018 and now 2019 is here. 2017 was a year of “Responding to Change and Growth”. 2018 was a year of “Supporting and Building the Future”. 2019 is a year that we build on the old March of Dimes theme...”*Marching On: A Volunteer Legacy*”.

OVERVIEW

The volunteers who keep APPA relevant and meaningful to the membership have worked hard to bring you information that supports our cause. That is why we “March On”. Many times, members just pitch-in to do what is needed at any particular time. It may be helping set up, or writing an article, sending a recently read article, commenting on an issue or presenting at a meeting. Thank you APPA board and volunteers, as well as speakers.

All of the 2018 APPA work, including priorities, is included in this year-end report. The results of the 2018 priorities identified the previous year are **in green print**. Notice that most of the priorities were achieved; a few are in progress, being re-evaluated, or eliminated as priority.

HERE ARE HIGHLIGHTS OF 2018!

January - Board meeting

Annual Business meeting (usually in February)

February – No meeting

March - Hobbies: Birding

April - Georgia Libraries for Accessible Statewide Services (GLASS)

May- Membership Drive; FODAC Run, Walk and Roll Results; AARP – SCAM ALERT; Tribute to Mothers (both mothers of and mothers who are polio survivors) and Honoring Veterans who were polio survivors

June - Exercise considerations for Polio survivors; YOGA Instruction with Mariam

August - Book Review: God’s Blessed Angel by Robert (Bob) Fraumann; Mini-concert

October - Medicare Update

November – Election; GA Gives/Giving Tuesday; Rap session: Convener Rita; Book review:

Brain Maker by Dr. David Perlmutter; Reviewer: Margarita; Recipe for smoothie; Emergency “Go-bag” items; Barbara’s European trip; Equipment and more

Special Programs and Social Activities:

September - Warm Springs Tour and Luncheon at Bulloch House

December - Christmas Party/meeting

Continued on next page



Newsletter Priority: Continue work. – **Transitional year with resignation of editor**
Reach out to new writers for their contributions.

Newsletter: Two newsletters were produced this year. Joe Drohan announced his retirement as editor and publisher of **APPA NEWS**. Thank you Joe for your continued service at the end of your board term.

Directory - 92 active members.

Website Priority: Provide analytics on use - **Done**
Update quarterly. Reach out to new writers for their contributions. – **In progress**
Improve streaming – **Being evaluated**



Website: The analytics provided data that the website received more views on video rather than streaming.

Outreach Priority: Connecting to members in a variety of ways...phone calls, emails and cards - **Done**

Outreach: Accolades were received for the outstanding outreach to members in a variety of ways... phone calls, emails and cards, adding thank you and condolences to cards.

SNAF Priority: Criteria for distribution of SNAF will be developed and implemented, this year – **In progress**

SNAF: Criteria for distribution of SNAF were drafted this year. Implementation will take place in 2019. We will identify partners to work with us on this endeavor.

The 2018 Board Members (Term/year):

President—Carol A Crumby (1 T/3y)	Treasurer Database administrator Shannon Morgan (T3/3y)
1st VP— Rita Carlson, Programs/PR (1T/3y)	Secretary— Barbara Mayer (2T/2y)
Member Advocate—Patricia Harris (1T/2y)	SNAF—Leslie Schulgen (1T/2y)
Resignations from the Board Vicki Crowell Betty Wright	Elected to the 2019 Board Alan Mitchell Allie Belle Harrison
Other volunteers in 2018	
Joe Drogan—Board Advisor, APPA NEWS Editor	Charlotte Terry — Outreach, Nominations Chair
Cathy McIntire—Artwork	Nancy Truluck—Outreach
Allison Stockton—Webmaster	Lynn Frisco—Facebook
Vicki Crowell—photography, posting signage	Karen Rader— APPA NEWS Proofreader
Cheryl Hollis—Christmas Luncheon	Barbara Ruecksties— APPA NEWS Proofreader
Allison Harrison—Registration	APPA NEWS writers & contributors

Editor's note:

There are other volunteers and participants at the monthly Saturday meetings and other contributors to APPA in general.

If you missed seeing your name here, contact the new Editor.

Same goes for the new members and donors page.



ORGANIZATION

Administrative: Funding from membership donations for operations and APPA member services - Done

PHI newsletters will be forwarded to members. – **Omitted from priority**

Administrative:

Legal responsibility – assure APPA is compliant with the State of Georgia and federal mandates

PHI Membership – file membership application with Polio Health International

Database management – Maintain and sustain member information, provide information on member details

Financial management – Maintain financial records; and advise and keep the board and president abreast of APPA's financial status; assure compliance

Board responsibility – assure the satisfactory operations of APPA; provide guidance to the membership

Operation Support: Continue to support public relations, fundraising, art work and photography in the member services and administrative work of APPA - **Done**

OPERATIONS SUPPORT

Public Relations – to inform the public and the membership of APPA activities and solicit support

Fundraising – To raise funds on behalf of APPA member services, projects and operations. January through April there was a campaign to increase renewals during the first quarter of the year. Although we increased the number of renewals during that period, our goal was 100%; we reached 62 out of 92 members.

Art work – To provide artistic support of APPA activities, programs and work

Photography – To capture photos of APPA's work and history



Remembering Members



Bonnie Bonham, past president



Gordon Henderson, husband of polio survivor

2019 PRIORITIES AND PLANS

1. Update the database
2. Sponsor special events at FODAC and Polio Survivors' Conference with Dr. Bruno
3. Implement a renewed SNAF
4. Recruit a volunteer for the newsletter
5. Continue programs that meets the desires of members

Your donations help volunteer leaders to deliver beneficial programs and activities for the APPA members. Donations that are paid at the first of the year are critical to assure that we don't overreach in our desire to provide the best member services to you, the members and supporters of APPA. We appreciate your support and hope you have enjoyed the programs and services that have been planned for you. Paying donations, at the beginning of the year, provides us with a better opportunity to manage delivery of services and expenses. Thank all who have thus far contributed their time, talent and treasure, as well as those who will soon do so.

Warm regards,

Carol A. Crumby
APPAs President



PPS and Other Helpful Online Communities

Your new Editor is not up to higher level of useful technical stuff that you had come to enjoy in Joe Drogan's *Tech Bits & Bytes* 

In lieu of Joe, I'll share what I've discovered and enjoyed: A few online groups where we trade stories or information relevant to PPS. Here you can meet PPSers from around the world. One of the discussion group members is developing a world map showing where we picked up polio and where PPS folks live now. He is in Australia. Other members are from all over.

Two global Facebook PPS discussion groups (and there are more):

Polio Survivors' Storytelling Group
Post polio syndrome (now has 2500 members)

Closer to home (but going global) we now have the
Atlanta Post-Polio Association Group

On your Facebook main page, use the search box at the top to find of these groups. You will initially be asked for some information and then allowed to join. We appreciate the administrators of these groups who monitor the membership and the posts.

Another community beyond Facebook or PPS is:

Nextdoor.com

I like Nextdoor because the members all live within a few miles. When you sign up on Nextdoor, you list your address and it gives you a map showing the corridor you live in. It is a good way to connect with your own neighborhood. There you can discover or recommend local people for odd jobs, book reading groups, local events to advertise or attend, unite to fix local traffic problems, post lost or found pets, warn neighbors of suspicious activity, bears etc.

In both Facebook and Nextdoor you can specify how much you want notifications of new stuff in your email. Otherwise just log-in when you feel sociable.

Have fun, resting at home, sharing your thoughts & questions and making new friends.

JOIN APPA

<input type="checkbox"/> Individual	\$25	<input type="checkbox"/> Gold	\$100
<input type="checkbox"/> Family	\$45	<input type="checkbox"/> Platinum	\$150
<input type="checkbox"/> Bronze	\$50	<input type="checkbox"/> Corporate	\$250
<input type="checkbox"/> Silver	\$75	<input type="checkbox"/> Lifetime	\$500
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Please **CHECK** all that apply.

- ◇ I am a new member.
- ◇ I am renewing my membership.
- ◇ Please update my contact information as shown below.
- ◇ I am unable to contribute at this time but would like to receive the [APPA NEWS](#).
- ◇ I would like to help APPA with expenses and receive the [APPA NEWS](#) in email PDF form only.

We need you! Would you be willing to serve APPA in any of the following areas?

- ◇ Membership outreach (phone calls to shut-ins)
- ◇ Public relations
- ◇ APPA phone tree
- ◇ Fundraising
- ◇ Programs
- ◇ [APPA NEWS](#) (write articles, proofread)
- ◇ Database assistance
- ◇ Assist at social events
- ◇ Assist with APPA phone line

Name(s) _____ DATE _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

The information provided herein represents what the authors believe they heard during **APPA** presentations. The authors are neither legally or medically trained and their opinions are their own. **APPA** does not assume any responsibility for the accuracy of the information provided. [APPA NEWS](#) is for fun, outreach and support and sometimes useful information. The Editor will be most pleased to hear from [APPA NEWS](#) Readers.



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Nancy Winter - Editor

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