

Sept., 1999



Editor: Fred Ramsay
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Polio Regina Incorporated

825 McDonald Street, Regina, Sask. S4N 2X5

Editor's Notes:

What a gorgeous summer! It certainly was perfect for Blenda and I, now that we are both retired from our jobs. Our first undertaking was an 11,000 kilometre road trip to Atlantic Canada, via the United States. While western Canada was embroiled in wind, rain and cloud we were blessed with daily sunshine and warmth. Blenda retired at the end of April and I've had six glorious years of fun in the sun. Blenda's retirement party was held in mid-August at Christ Lutheran Church where she worked for 15 years.

Congratulations to Suzanne Lalonde (vice-president of Polio Regina) on being selected to compete in a French language competition on the Radio-Canada television network this fall.

She will be going to Ottawa for the taping on November 13 and the show will be aired at a date not specified at this time. The program name is "Des Mots Et Des Maux" and the format is a quiz on interpretation and meaning of French words.

Suzanne is honing her language skills as she continues to perform her special class work in French at the Msgr. DeLaval bilingual school in Regina. Good luck, Suzanne!

Treasurer's Report - May-September 1999

Bank Balance at May 25	\$ 760.86
Income	
Memberships	70.00
Donations	189.00
Sponsors (business card)	30.00
Banquet tickets	<u>26.00</u>
	1075.86
<hr/>	
Term deposit interest	\$80.44
Expenses	124.55
Social	116.48
Memorial (Elisabeth Brandt)	50.00
Fruit basket (Susie Quinn)	<u>32.00</u>
	323.03
Bank balance, Sept 29,99	752.83
Term deposit	1297.08

Prepared by Verna Copeland - Treasurer

Executive 1999:

President: Norm Beliveau
Vice president: Suzanne Lalonde
Treasurer: Verna Copeland
Secretary: Don Volpel
Programs : Dr. Mavis Matheson
Phoning Chairperson: Blenda Ramsay
Convenor: Verna Copeland
Post Box editor: Fred Ramsay

Obituary

It was with regret that we lost one of our valuable members of Polio Regina. **Dr. Elisabeth Pasztor Brandt**, Ph.D., Saskatchewan Order of Merit, died on September 18, 1999. Our sincere condolence to Lewis, her husband of 37 years.

Post-Polio Protein Power: Eat Well, Be Well

by Dr. Richard L. Bruno

“Breakfast? Sorry, don’t have the time. In the morning there’s too much to do, like showering and dressing and getting to work. I grab a cup of coffee (or two or three) and maybe a donut at work...”

“Lunch? Don’t think so. I’m still catching up from my late start in morning. I grab a cup of coffee (or two or three) and maybe wolf down half a Big Mac...”

“Dinner? I’m either too tired or hungry as Patton’s Third Army. I either defrost a piece of pizza and drag myself into bed or eat everything that isn’t nailed down!”

“So why am I totally exhausted but can’t stop gaining weight?”

Americans are not very good at taking care of themselves. American’s with disabilities are no better, and maybe a little worse, at self-care because it takes so much time to do things non-disabled folk do in a flash, like showering and dressing. There’s hardly any time or energy left for planning meals, shopping, cooking ... or even eating.

However, people with disabilities pay a higher price for lack of self-care than do people without disabilities. For those who use wheelchairs good eating habits and proper nutrition are essential, not only for general good health, but also to prevent bowel and urinary problems, to prevent weight gain, and to maintain a decent level of energy.

Polio Survivors vs. Breakfast. One group of people with disabilities shows the consequences of poor eating habits: North America’s 1.8 million polio survivors. Nearly 76 percent of polio survivors experience Post-Polio Sequelae (PPS), the often disabling symptoms — fatigue, muscle weakness, joint and muscle pain, cold intolerance, and difficulty sleeping swallowing,

breathing — that occur about 40 years after their original bout with polio.

PPS requires polio survivors to use new assistive devices or aids they discarded years ago, like braces, canes, crutches, wheelchairs and scooters, to slow down and to rest during the day. The problem is, polio survivors are Type A, hard working, pressured, perfectionist super-achievers who have pushed themselves beyond their physical limits and allow no time for self-indulgent luxuries — like food.

Polio survivors don’t want to slow down or rest, not only because they’re afraid if they are less Type A people won’t like them, but also because they are afraid of gaining weight if they become more sedentary. But they shouldn’t be afraid. Food is good! Eating properly doesn’t lead to becoming fat, it actually reduces PPS symptoms.

Dr. Susan Creange at the Post-Polio Institute discovered that polio survivors with blood sugar levels in the low normal range have as much difficulty paying attention and concentrating as would diabetics with blood sugars as low as if they had taken too much insulin.

“Polio survivors’ ‘Type A diet’ — three cups of coffee for breakfast, skipping lunch and eating pizza for dinner — is actually starving their nervous systems’ and causing PPS symptoms,” says Creange. The relationship between diet and PPS was seen in the 1998 National Post-Polio Survey: the less protein polio survivors had at breakfast the more severe were their daily weakness and fatigue.

Why do polio survivors function as if they have low blood sugar and report more symptoms when they don’t eat protein at breakfast? Because polio survivors are running their nervous systems on “half a tank of gas.” About 50 percent of all brain

stem and motor neurons were killed decades ago by the polio virus. What's worse, the metabolic apparatus, the internal power plant, of the neurons that survived the original polio virus infection was severely damaged.

So polio survivors have been running their full-tilt, Type A lives on half the normal number of neurons, neurons that are less able to use their only source of fuel, blood sugar. Dr. Creange found that even normal levels of blood sugar were not enough to fuel the remaining polio virus-damaged, metabolically impaired neurons. And that's where protein at breakfast comes in.

Protein: The fuel that keeps on giving. Protein provides a long lasting, "slow-release" supply of blood sugar throughout the day. Polio survivors who had protein for breakfast reported less PPS symptoms because their fuel tank stayed full longer. They didn't need to "fill up" throughout the day with short-lasting sugar fixes, like soda or candy bars.

When we ask our post-polio patients to eat protein every day at breakfast, and have small, non-carbohydrate snacks throughout the day, they report an almost immediate reduction in nearly all the symptoms of PPS, especially fatigue. But "protein power" diet is neither a fad nor a miracle: it's just common sense. No engine can be expected to run without gas.

And having protein at breakfast isn't good only for polio survivors. Mom was right: breakfast *is* the most important meal of the day for everyone, but especially for people with damaged or compromised nervous systems. Folk with MS (for whom low energy and fatigue can be disabling) those with ALS and Guillian-Barre Syndrome need to feed their damaged neurons first thing in the morning.

Those with spinal cord injuries, CP and spina bifida, who use more energy just getting showered and dressed than does a non-disabled person who runs a mile, also need protein early and often. It's a good idea to eat breakfast *before*

showering to "break your fast" and fill your tank before your neurons need the fuel.

Our patients worry that using a wheelchair, resting more *and* having breakfast will cause them to get fat and have more PPS symptoms. A four-year follow-up study found that U.S. and Swedish polio survivors, living their typical "use it or lose it" lifestyles without using new assistive devices or resting, lost equal amounts of leg muscle strength, about 2 percent per year.

However, when subjects from the two countries were looked at separately, the Swedes gained only 6 ounces per year, while the Americans gained over 2 pounds; that's 220 percent *more* weight!

Although weight gain alone is not responsible for the progression of muscle weakness in polio survivors, it is Americans' high fat, Big Mac diet that causes them to get fat. You can fuel your neurons, feel stronger and less fatigued without gaining weight, if you choose low fat, low cholesterol sources of protein. In fact many of our patients, even as they slow down, sit down more, and use a scooter, lose weight (about a pound per week) if they eat more protein, reduce portion size and limit carbohydrates.

We aren't recommending one of those "all protein, no carbohydrate" diets. We aren't recommending a "diet" at all, but a method for eating healthy every day. We suggest 16 grams of protein at breakfast; that's about 1/4 of the daily protein requirement (70 grams) for a 150-pound person. (Always check with your doctor, especially if you have kidney problems, before changing your diet and ask to have your cholesterol measured at your yearly check up.)

Look at the list protein-rich foods and select different breakfasts so you can have a variety throughout the week. Remember, you want foods that have more grams of protein than they do fat.

Eat well and be well

PROTEIN-RICH FOODS:

You need 16 grams of low-fat protein at breakfast. Note: measures in grams.

Great:	Protein	Fat
Cottage Cheese (lite, 1 cup)	28.0	2.3
Salmon (3 ounces)	17.0	5.4
Yogurt (8 ounces)	12.0	4.0
Tofu	10.0	5.9
2% Milk (1 cup)	8.0	3.0
2 Egg Whites	6.8	0
Bagel	6.0	1.4
Egg Beaters (1/4 cup)	5.0	0

Higher Fat:

Swiss Cheese (1 ounce)	8.1	7.8
Slim Fast "Meal On-The-Go"	8.0	5.0
Lite 'n' Lively Cheese (1 ounce)	6.4	4.3
Hard Boiled Egg	6.1	5.6
Cream Cheese (Lite, 1 ounce)	2.9	4.7

Lower Protein:

Quaker Life	5.2	1.8
English Muffin	4.5	1.1
Oatmeal (1 package)	4.4	1.7
Cheerios (1 1/2 cups = 1 oz)	4.3	1.8
Shredded Wheat (1 ounces)	3.1	0.6
Total (1 cup)	2.8	0.6

Not Great:

Bacon (3 strips)	5.8	9.4
Egg McMuffin	17.0	32.0!
Peanut Butter (1 Tbs)	4.6	8.2
Coffee?	0.1!	0

PROTEIN POWER BREAKFASTS:

12 minute breakfast:

2 hard boiled eggs (12 g) and an English Muffin (4.5 g)

8 minute breakfast:

3 scrambled egg whites (10g) and a bagel (6 g)

6 minute breakfast:

Toasted bagel (6 g), lite cream cheese (3 g) and 1 glass 2% milk (8 g)



4 minute breakfast:

Yogurt (12 g) and 1 ounces of low-fat cheese (6 g)

2 minute breakfast:

1/2 cup low-fat cottage cheese (14 g)

Richard Bruno is director of the Post-Polio Institute, Englewood (NJ) Hospital and Medical Center, and Chairperson of the International Post-Polio Task Force, 201-894-3724, toll free: 1-877-POST-POLIO or e-mail c/o PPSENG@AOL.COM.



Newsworthy Items

“Thank You” from **Suzie Quinn** for the lovely Fruit Basket she received after her knee surgery in August. She is now convalescing at home

Also Thank You to **Ken & Ruby Walton** (Blenda’s Aunt & Uncle from Ottawa) for their generous donation to our Polio Regina Club.

Blenda says “Thank you” to all who came to her Retirement Tea in August and for your cards, gifts and good wishes.

New Address: Vi Lundell moved in July to #704-2141 McIntyre St. Phone is still same 522-3256

Welcome New Members:

Hilda Findlay

Box 279, Semans, Sk. S0A 3S0
Phone: 729-4242

George E. Simpson

687 Argyle St., Regina, Sk. S4T 3P5
Phone: 586-1820

For sale: farm fresh crisp potatoes for for sale:
30 cents a lbs. Orders 50 lbs. or more please
call Verna Copeland at 771-2619

Odds & Ends:

Murray Grant is collecting old eye glasses to be sent overseas for the less fortunate. If you have any kicking around in your drawers, please let Murray know at 545-1363.

Thanks to **Don Volpel**, secretary, for convincing the officials of the Callie Curling Club to put in disability parking spaces on their property. Thanks to the club for recognizing our needs.

Joke:

Why did the Fig take out the Banana on Saturday night?

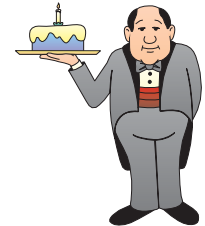
Answer: Because he couldn't find a Date

Our Christmas Banquet will be held at the Seven Oaks Motor Inn on Friday, Nov. 19. Verna tells us that tickets will be available at the October meeting and the price will be \$13.00 per person. Let's all attend and have a good time.

Next Meeting for Polio Regina Inc. will be at 7:00 p.m. on Thursday, Oct. 28th at Wascana Rehabilitation Center - Salon A & B on 2nd Floor. Please note that our meetings are now being held on the last Thursday of the month.

Birthdays:

Sept. 8 Marlene Dreger
Sept 14 Keith Ball
Sept 16 Jeanne Hoffman
Oct. 1 Clarence Biberdorf
Oct. 8 Javonne Miller
Oct. 11 Blenda Ramsay
Oct. 16 Carol Biberdorf
Oct. 17 Murray Grant
Nov. 1 Virginia Denzin
Nov. 7 Jim Allonby
Nov. 9 Anne Bartel
Nov. 16 Suzanne Lalonde
Nov. 23 Joan McIver
Dec. 11 Grace Lekivetz
Dec. 16 Del Hayden
Dec. 23 Ruth Adelia
Dec. 31 Patrick Matheson



Anniversaries:

Oct. 11 Lloyd & Anne Bartel
Oct. 15 Lloyd & Inga MacPherson
Oct. 21 Jim & Pat Allonby
Oct. 23 Ross & Verna Copeland

November:

Nov. 16 Norm & Bernice Beliveau

December:

Dec. 28 Keith & Jackie Ball



Verna's Favorite Pie Recipe:

7-Up Pie Crust:

5 cups All Purpose Flour

2 cups Lard

Dash of Salt

7-8 Oz. of 7-Up bev.

Mix as you would any pie crust.



Green Pumpkin Pie Filling:

Peel and grate enough pumpkin to fill shell (approx. 4-5 cups)

To grated pumpkin add:

1/2 to 2/3 cups sugar

1 tbs. flour

1 tbs. vinegar

1 tsp. cinnamon

1/4 tsp. nutmeg.

Mix in good with grated pumpkin and pour into unbaked shell. Cover with crust and bake as an apple pie for 15 minutes at 400 degrees. Then reduce heat to 350 degrees until baked.

For all those born prior to 1945

We are survivors! Think of the changes we witnessed:

We were before black and white television, before penicillin, before polio shots, frozen foods, Xerox, contact lenses and the Pill.

We were here before radar, credit cards, split atoms, laser beams, ball-point pens, pantyhose, dish washers, clothes dryers, electric blankets, air-conditioning, drip-dry clothing and long before space orbits and moon-walking!

We got married first *then* lived together. How quaint can you be?

Before our time, closets were for hanging clothes; not for “coming out of”. Bunnies were small rabbits and not Volkswagens. Designer jeans, were scheming girls named Jean (like maybe Jean Harlow?) and having “a meaning relationship” meant getting along with our cousins.

We thought “fast” food was what you ate during Lent, and Outer Space was the back of the local theatre! We did know about drive-ins and A&W root beer. Gosh darn, we even knew how to make our own root beer.

We never heard of house husbands (I guess we thought they were just lazy louts), gay rights, computer dating, dual careers and commuter marriages. We were before day-care centres, group therapy and nursing homes (although we had nurseries for babies and trees). We never heard of FM radio, tape decks, electric typewriters, PCs, artificial hearts & other artificial people parts, word processors or condominiums.

At that time time-sharing meant togetherness, a chip was a piece of wood (like “a chip off the old block”), hardware was hardware (like in a hammer, saw and nails) and software wasn't even a word yet! We said “for Pete's sake” a lot but never knew who Pete was. I guess we still don't know.

In 1940 “Made in Japan” meant junk and “making out” referred to how you did in your exams. Pizza was where there was a leaning tower and McDonald's and instant coffee were unheard of.

When we hit the scene, Woolworth's five and dime stores were where you could actually buy things for five and tens cents. The corner drug store sold ice cream cones for a nickel and you could ride a street car all day for a dime. With a dime you could buy a coca cola or mail two letters

and a postcard. You could buy a brand new Chevy Coupe', Pontiac or Ford for \$600 (if you could afford it) when gasoline was only 11 cents a gallon (or less than four cents a quart).

In our day cigarette smoking was fashionable, Grass was mowed, Coke was a cold drink and Pot was something you cooked potatoes in. Rock Music was a grandma's lullaby and Aids were helpers in the principal's office. Paying income tax had a real purpose then: to pay for the war effort to defend Canada. Similarly, education taxes were for education expenses and gasoline taxes paid for highway projects. Your power and telephone bills paid for electrical power and telephone services. Yeah, really ?

We were certainly not born before discovering differences in sexes but we were surely before "Sex Change" and we made do with what we had. And we were the last generation that was so dumb as to think you needed a husband to have a baby!

But we survived!!! What better reason to celebrate the up-coming millennium!

-Adapted from a "world-wide free-net E-mail source"
-whatever that is !

Plates Discontinued

There's been a fair amount of confusion about disability license plates for vehicles so we contacted the SGI for clarification. Yes, the license plates have been discontinued effective September 1997 and only disability placards are being issued.

Here is a copy of the SGI letter which was sent out to all organizations such as ours, except we didn't get on their mailing list:

"Effective September 15, 1997, the disability license plate will no longer be issued under the disabled Parking Program. We will however continue to provide the disabled placard to people with qualifying disabilities. This will bring Saskatchewan's disabled parking program in line with most other Canadian jurisdictions.

Disabled license plates currently in use will be grand fathered for two years. Those customers with existing disabled license plates can convert to regular license plates at no additional costs at renewal time.

This change will reduce administration of the program while providing the same privileges and conveniences. In addition, it will reduce the potential abuse of the program whereby two vehicles are displaying disabled parking symbols; the plate on one vehicle and the corresponding placard on another."

Signed by Cal Reece, Manager of License Administration & Training. His phone is 751-1568

ps: So you might as well turn in your old license plates with the disability logo and get use to carrying the placard. If you continue to use the old plates and park in a disability spot, you could get a ticket.

Trouble finding “blue” parking spots ?

Do you go shopping frequently? Do you have difficulty finding a disabled parking spot near the store you wish to enter?

Then stick these items in your purse or pocket: a can of “handicapped blue” paint and a wide brush. It is a very well established fact that painting any parking spot blue makes it wide enough for a van to park and discharge a wheelchair. If you don’t believe me, drive around and look at the disabled spots in most malls. Are they wider or are they just blue?



Do you have difficulty getting into restrooms in your favorite restaurants? This is not a problem. You just run over the potted plant that is placed in the corner of the accessible area. It was put there so that “all that wasted space” could be put to good use. If the help has to clean it up often enough, they will soon dispose of it without mentioning it to the manager.

Have trouble reaching the button that opens the automatic door? You just have your attendant push it for you. What? Your wheelchair didn’t come with an attendant? I can’t believe it. Don’t all wheelchairs come with an attendant to push them. How do you expect to push the buttons that are placed there in such a way that you have to be not only able-bodied but very agile to avoid being slammed in the head with the door as it opens if you insist on buying those cheap attendantless chairs?

You say you can’t get into some stores because they have an arrangement of double doors that have not only a 5 lb. pull but once you pull your arm out of the socket and get in, there is no room

to maneuver your chair/walker or crutches? I find a well-placed (or perhaps that can of paint out of your purse) when heaved with sufficient force gets the attention of someone in charge. Most jails, by the way, are becoming disabled accessible and this would be a great opportunity to check this out.

You are looking for a disabled parking spot, spy one that is perfect and prepare to pull into it. At the last minute, some young athlete while his car in front of you, takes that spot “just for a minute” and runs into the store at full gallop. My first instinct is to either slash the tires or just let the air out of them, but I’ve been told on several occasions that this is not nice. I know some people who accidentally scratch these cars as they struggle past them with their walkers, wheelchairs or crutches, but that is probably also a “no no”.

Leaving a blob of peanut butter with a square of toilet paper stuck in it is one way of dealing with these people. You might want to get some to put in with that can of paint.

I am just kidding with all these hints, folks. I get very frustrated with the lack of consideration for the disabled. Not all store owners act this way. Some of them realize that we spend money just like “normal” people do and make their establishments accessible for us, in the hopes of getting and keeping us as customers.

I have met many people who are very helpful, but I find it maddening when faced with unnecessary obstacles to deal with in addition to the problems being disabled has built in. I’d advise against you actually trying these hints, but if you do, let me know and I will bake you a cake with t file in it and bring it along when I visit you in jail.

Symposium coming up

The Post Polio Awareness and support society of British Columbia have announced the dates for "Symposium 2000" to be held in Richmond, B.C. on March 2-5, 2000. Theme of the conference is:

"Living with Post Polio Syndrome- How Can I help myself"

In case you plan to attend, the meetings will be held at Executive Airport Plaza Conference centre, Richmond, BC, 7211 Westminister Highway, Richmond

Call:1-800-663-2878; 1-604-278-5555 or fax: 1-604-278-0255.

Http:www.executiveinnhotels.comm/canada.html

Here's a cute spring-time idea which can be seeded today:

Sponsors this issue:

Time to Plant

First plant five rows of Peas:

Perseverance

Presence

Preparation

Promptness

Purity

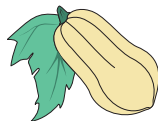


Next plant three rows of Squash:

Squash gossip

Squash criticism

Squash indifference



Then four rows of Lettuce:

Let us be faithful to duty

Let us be unselfish and loyal

Let us be true to our own obligations

Let us love one another.



No garden is complete without turnips:

Turn up for important meetings

Turn up with a smile

Turn up with new ideas

Turn up with determination to
make everything count for something
good and worthwhile



MEMBERSHIP APPLICATION

POLIO REGINA Inc.

Name _____

Active () if you had polio Associate ()

New () Renewal ()

Address _____

Postal Code _____

Phone: _____

Annual membership fee: (Jan.- Dec.)
\$10 Single; \$15 family \$_____

My donation to Polio Regina Inc.: * \$_____

Total \$_____

(If you require sponsorship for your fee, please inform our membership chairman)

Please make cheque payable to: **Polio Regina Inc.** and mail this application form and cheque to:

Polio Regina Inc.
825 McDonald St.
Regina, Sk
S4N 2X5

* (Official receipt of donation for income tax purposes will be mailed.)

Our Objectives:

- ◆ To develop, promote and increase awareness of Post Polio Syndrome.
- ◆ To disseminate information concerning research and treatment pertaining to Post Polio Syndrome.
- ◆ To provide support to survivors of polio, other than by direct financial aid.
- ◆ Polio Regina Inc. was formed to help people from southern Saskatchewan.

Where to meet

If you wish to learn more about Post Polio Syndrome, join us. Our Polio Regina group meets at 7 pm on the last Thursday of the month at Wascana Rehabilitation Centre. Wheelchair access is gained from underground parking.

Your Invited

Polio Regina is inviting people who had poliomyelitis and are now experiencing new symptoms such as fatigue, muscle weakness and cold intolerance, to join a self-help support group to learn how they can cope with post polio syndrome. Call Fred or Blenda Ramsay at 543-6380 if you need more information.