Hello everyone, this is Micki who is writing the article to help Cece for this newsletter! Cece has a LOT on her plate right now, and everyone should send their prayers and good thoughts her direction!

There have been a lot of questions and discussions among our board and membership about our general membership meetings and whether or not they are the best way to support our members. As you can see by the sidebar (looking for a board meeting location), we are evaluating everything that Polio Epic does. We want to do these evaluations so that we stay relevant and supportive! I would like everyone reading this article, to send me an email at Mickiminner@msn.com or give me a phone call at 743-1556 (or any board member) and give us an idea of what would be best for you. Some ideas that have been brought up are: instead of monthly meetings, perhaps an activity like meeting for a meal or activity, not having “guest” speakers, and instead having our own members sharing....what ideas do you have? What would make you want to take the time out of your busy schedule for Polio Epic, Inc. meetings?

Where would you like to meet? Where do you think a good meeting place would be? This is your opportunity to make your voice heard, and to direct the board into making the organization as supportive, helpful, and FUN as it can be! We value our members, and care for each other very much. We are especially interested in the opinions of those of you that have never really participated before...what are we missing that would entice you to participate in our group? Perhaps your idea is the one that we have ALL been waiting for! Hopefully, I would like to create a list of ideas, activities, meetings that the board can review and act on that list!

We have a mission statement that includes support with dignity, education, and empowerment for each of our members. Please help us live up to our Mission Statement and keeping Polio Epic an important part of the lives of Polio Survivors in Southern Arizona!
DONATIONS:
Lucy Anderson  Virginia Hanson  Patricia Lamb
Richard Piskun  Alice Smedley  Linda Taylor-Charette

VALLE VERDE ROTARY CLUB

IN LOVING MEMORY OF MY SON, DAN YAGER
GIVEN BY JOANNE YAGER☆

*$100 or more

Polio Epic Board of Directors

Executive Board 2013-2014

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Cece Axton, President</td>
<td>520-495-5122</td>
<td><a href="mailto:Axton@cox.net">Axton@cox.net</a></td>
</tr>
<tr>
<td>Dave Marsh, Vice President</td>
<td>520-327-3252</td>
<td><a href="mailto:Davidmarsh519@yahoo.com">Davidmarsh519@yahoo.com</a></td>
</tr>
<tr>
<td>Nannoe Westbrook, Treasurer</td>
<td>520-797-6898</td>
<td><a href="mailto:Nannoe1@aol.com">Nannoe1@aol.com</a></td>
</tr>
<tr>
<td>Marty Cutler, Secretary</td>
<td>520-572-7916</td>
<td><a href="mailto:Martyaz44@hotmail.com">Martyaz44@hotmail.com</a></td>
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Board Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Marty Baldwin</td>
<td>520-795-6157</td>
<td><a href="mailto:Martybaldwin86@gmail.com">Martybaldwin86@gmail.com</a></td>
</tr>
<tr>
<td>Frank Frisina</td>
<td>520-327-3252</td>
<td><a href="mailto:shinybear@msn.com">shinybear@msn.com</a></td>
</tr>
<tr>
<td>Virginia Hanson</td>
<td>520-292-0652</td>
<td><a href="mailto:Vrhan36@yahoo.com">Vrhan36@yahoo.com</a></td>
</tr>
<tr>
<td>Kay Mason</td>
<td>520-442-9431</td>
<td></td>
</tr>
<tr>
<td>Micki Minner</td>
<td>520-743-1556</td>
<td><a href="mailto:Mickiminner@msn.com">Mickiminner@msn.com</a></td>
</tr>
<tr>
<td>Barbara Stough</td>
<td>520-887-4731</td>
<td><a href="mailto:chasbarstough@comcast.net">chasbarstough@comcast.net</a></td>
</tr>
<tr>
<td>Joanne Yager</td>
<td>520-296-1471</td>
<td><a href="mailto:Artist3jy6@hotmail.com">Artist3jy6@hotmail.com</a></td>
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Scam Squad from the Sheriff’s Auxiliary Volunteers in Green Valley

By Nannoe Westbrook

This last year Polio Epic has had several excellent programs that were very informative. In September we had the Sheriff’s Auxiliary Volunteers, from Green Valley. This group of volunteers assist the Sheriff’s department in several ways from patrolling neighborhoods, home security checks and many more. A couple of years ago the Scam Squad was formed to help protect citizens from all the scams that are happening. Criminals take advantage of a vulnerable population, especially the elderly. In fact, about a third of the calls to the Pima County Sheriff’s Department are related to fraud, targeting the elderly.

Several types of scams were discussed, such as bank and check schemes, where victims receive a call or an email asking for their account information. Or an email from a foreign country, saying a friend has been robbed and needs money. The grandparent’s scheme, where victims get a phone call claiming to be a grandchild or relative who is in trouble and needs cash. The lottery winner, saying you’ve just won a lot of money in another country. The package delivery scheme saying UPS, United States Post Office or DHI is attempting to deliver a package.
One woman called the Sheriff's department and asked about an email she received from the Internal Revenue Service saying she was owed a tax refund of $3,200. The email said to access the form you had to send in personal information. The woman didn’t fall for it and called the Sheriff's department.

The Scam Squad warns potential victims that anytime you enter an unknown, unsolicited website, you may be giving the scammer a portal to your computer. Once inside they can change your password, access more information, such as your address book and turn your computer into a spamming robot. Delete these unsolicited emails without clicking on any link contained in the email. Also, if you receive a phone call reporting an undeliverable parcel, hang up the phone. U.S. mail solicitations should follow the same protocol when the correspondence is of a suspicious nature. Shred the mail and do not respond. No company needs personal information to drop off a parcel. Additionally, the fraudsters are now offering "to protect you against internet spammers." A bogus email request from your internet service provider (ISP) is also a popular method to obtain your personal information. Much like offers to update your computer from an unknown source, scammers may claim to offer, "an on-line database to safeguard with a model security measure to protect against internet spammers." Call your provider for verification. Do not "click here to update." Please stay vigilant and continue to submit "new and improved" scams so that your neighbors and friends are alerted to fraudulent schemes through this newspaper.

What is ‘phishing’?
Phishing is when fraudsters try to obtain financial or other confidential information from an Internet user, typically by sending an e-mail that looks as if it is from a legitimate organization, usually a financial institution, but contains a link to a fake website that replicates the real one.

I personally fell for a phishing scam when one evening I received a pop-up on my computer in bold letters, saying that my computer had a virus. I knew I already had a virus protection, but thought this was from them. They asked for my credit card, which I gave them, and charged me $75.00. The next morning I knew that I had been scammed so called my credit card company immediately. Cancelled my credit card and they were able to take the charge off. That was a big lesson for me!

It’s important to be diligent and be suspicious of all unsolicited emails & phone calls and even from the USPS. The bottom line is to:

**SHRED**
ALL MAIL AND STATEMENTS WITH YOUR NAME ON THEM

**DELETE**

**HANG UP**
This morning as I was drinking my decaf coffee (I didn’t want to wake up. I’m off today.) I picked up the newspaper and began to thumb thru the headlines. In bold was an article: “Measles on the rise here, abroad.” The article quoted CDC: “more than 98% of Americans who’ve become infected were unvaccinated. This isn’t the failure of the vaccine, but the failure to vaccinate.” The article went on to say that measles was eliminated in this country and the rest of the Western Hemisphere in 2000. Elimination doesn’t equate with eradication. One outbreak in Brooklyn struck 2 religious communities where parents shun vaccines for religious reasons. In both cases people from the community traveled to other countries, contracted the disease, and brought it home. I know what you’re thinking. We had the same thoughts the moment that I read the article.

More and more parents are opting not to have their children immunized against polio because of all the “vaccine hype” that’s around. To them polio is a thing of the past. My kids don’t need it. No one gets polio in the US any more. Polio is a virus, and viruses are not alive. They can remain in nature indefinitely. When they talk about the “live vaccine,” they mean a virus that has not been killed, but inactivated so that it will not cause disease, but still provide an immune response (the Sabin vaccine). Polio is still here. The only reason that there are no outbreaks is because the majority of the population has been immunized. Unlike measles (when you contract the virus you get the signs and symptoms of measles), polio is different. Polio is an enterovirus (gut virus). When it gets into the blood stream and travels to the nervous system, if the person has the specific receptor sites for poliovirus on the nerve cells, the person will be affected. If there are no polio receptor sites, the person will be polio symptom free, but probably have a “bad stomach” as we say. Since the population with these receptor sites is extremely small (it’s genetic), few people who come in contact with the poliovirus at any one time will have symptoms. Most everyone, not immunized, that comes into contact with the measles virus will get measles. It’s important for us to educate our communities to the importance of the polio vaccines. If a parent says to you: “What are the odds that without the vaccine my child will contract polio? Your answer is very simple. The odds are way greater than the odds of winning lotto. But someone eventually wins lotto. When your child, sitting in a wheel chair asks: “Why can’t I walk and play like the other kids.? Think about it!!!!!
The following email was sent out to all Rotary Groups in the country

We need your help on Polio Survivors and Associates next project. We want all of our members worldwide to participate in creating a public awareness project that would involve Rotary Clubs working with existing Post-Polio support groups or polio survivors. We want you to make a presentation of the End Polio Now pins to your local polio survivor group and arrange a group photograph of the Rotarians and survivors holding the pins up (same way as the current “We’re This Close” photos.) Ask them to wear their pins and help spread the word about Polio Eradication. Prepare a press release featuring the survivors and the current polio eradication program and try to get local news coverage using the photo along with appropriate copy concerning the “End Polio Now” campaign. Ask your local clubs to have the polio survivors present a program telling the story of their own experience with polio. Get your local Rotaract clubs involved with this too!

To get you started, we’ve included pictures of our own Ray Taylor and another picture of the Sandhills Postpolio group (Pinehurst NC) that was taken earlier this month. (Click on the pictures to see them larger) The Polio Survivors and Associates Rotarian Action Group will help support this project in two ways. First, we have arranged for Rotary International to provide the pins for your Rotary Club to give away to PostPolio Survivors groups to use for this project (limit of 12 - if you need more, they can be purchased through the Rotary Store (shop.rotary.org). Please contact Regina Rodriguez-Martin at the Rotary Polio Office if you want to use this resource. Second, the PSA Website will also be used to help spread the word. We have a couple of new features on the website to do this.

Voices of Polio On this page, we want you to post your stories of polio, whether they are personal or of your family, and tell how polio has defined your life. Scroll down to the bottom of the page and in the box below “Leave A Reply” enter your story. [Please do not include personal information like phone numbers or email addresses in your story for your own security reasons. If someone wants to reach out to you – or if you want to reach out to someone else – please contact us.]

Gallery Send us your End Polio Now pin pictures that you take with Polio Survivors and we will post them in the gallery. Please email your picture to info@rotarypoliosurvivors.org, along with the names of the people in the picture.

Profile Page We’d also like you to take a moment and update your profile on our mailing list. We have ported the names in from two different sources, and we want to make sure we have the most current information about you.

We hope you will work with us to make this program successful! We look forward to hearing from you.

Ann Lee Hussey
Chairperson, Polio Survivors & Associates, A Rotarian Action Group
www.rotarypoliosurvivors.com
Changes in CDC Polio Vaccine Recommendations

Even if you were previously vaccinated, CDC (Centers for Disease Control) is recommending a one-time booster shot before you travel anywhere that may put you at risk for getting polio.

Many polio outbreaks occurred in previously polio-free countries during 2003–2011. For this reason, CDC has been recommending a one-time booster dose with inactivated poliovirus vaccine (IPV) for certain travelers. Previously, this recommendation has been not only for adults traveling to countries with active poliovirus circulation, but also for adults traveling to countries that bordered countries with active circulation.

Currently, endemic poliovirus circulation has never been interrupted in only 3 countries: Afghanistan, Nigeria, and Pakistan. Still, the affected areas within each of these countries have become smaller. Because of the substantial progress of the polio eradication initiative in 2012–2013, and in order to harmonize CDC recommendations with World Health Organization (WHO) recommendations, CDC now recommends an adult IPV booster dose only for travelers to countries with active poliovirus circulation. Countries are considered to have active poliovirus circulation if they have ongoing endemic circulation, active polio outbreaks, or environmental evidence of active wild poliovirus circulation.

In addition, CDC recommends an adult IPV booster dose for certain travelers to some countries that border areas with active poliovirus circulation. These recommendations are based on evidence of historical cross-border transmission. The recommendations apply only to travelers with a high risk of exposure to someone with imported wild poliovirus (WPV) infection. These travelers would include those working in health care settings, refugee camps, or other humanitarian aid settings.

Key Points

- Changes in CDC polio vaccine guidance for travelers now harmonize CDC recommendations with World Health Organization recommendations.
- CDC recommends that all international travelers be fully vaccinated against polio.
- An additional, one-time adult polio vaccine booster dose is recommended for travelers to certain countries.
- Although no human polio cases have been identified, environmental surveillance indicates that Israel has active poliovirus circulation. CDC is now recommending an adult polio vaccine booster dose for travelers to Israel.

Source: CDC’s Travelers’ website
POLIO EPIC - MEMBERSHIP FORM

TYPE: [ ] Renewal [ ] New

Has your address changed? [ ] No [ ] Yes

Name__________________________Spouse/Partner________________Date____________

Address_____________________________Phone (______) ____________________

City__________________________State_________Zip___________-

If you want to receive the newsletter via email: ____________________________
(Please print e-mail address clearly)

_____ I am UNABLE TO PAY dues at this time, but wish to continue my membership and receive the newsletter.

_____ Please remove my name from the mailing list. I no longer wish to receive the newsletter.

_____ Check here if you do not want your name, address, phone number and email listed in the POLIO DIRECTORY

Enclosed is membership fee of $10.00 per person for one calendar year (2013-2014)
Amount enclosed for membership $____________
Amount enclosed for charitable donation $____________
Total enclosed $____________

Make checks out to Polio Epic, Inc., and return to P.O. Box 17556, Tucson, AZ 85731-7556
THANK YOU FOR YOUR SUPPORT!!

From the Treasurer...Of Polio Epic

MEMBERSHIP DUES

LOOK AT YOUR ADDRESS LABEL!

Our new fiscal year of 2013-2014 began September 1st. Please check your mailing label. If your label reads 2014 or higher, then you are paid up through August 2014.

Contact me if you have any questions at 520-797-6898 or email me at Nannoe1@aol.com. Remember that Polio Epic, Inc. is non-profit and all donations are tax deductible and very much appreciated!!

IMPORTANT!

POLIO EPIC, INC. is sent by bulk mail, it will not be forwarded to you if your address changes or if you are temporarily away. Members, please notify Polio Epic as soon as possible if your address changes. If you receive your newsletter via e-mail, you will receive a yearly email reminding you of your dues status in September and January.
7 Ways to Save Money on Medical Expenses – AARP Magazine

1. Medical ally - If medical bills are driving you crazy, consider hiring a medical billing advocate.
2. Free meds  Ask your doctor about prescription samples
3. Eye care - If you're 65 or older, you may qualify to have a volunteer ophthalmologist perform a comprehensive medical eye exam
4. Do yoga- Yoga increases flexibility and mental health.
5. Transfer credit - Transfer prescriptions to a new grocery or drugstore when it offers a gift card for store credit, and use that to pay for your purchases.
6. Skip the ER - You don't need the emergency room if you have non-life-threatening medical issues, such as fevers, cuts, minor burns or headaches. A more affordable alternative is a walk-in urgent care center, open seven days a week, no appointments necessary.
7. Free tests - Get basic health tests by attending free health fairs in your area. You can find one online by searching under "free health fairs."

WADLEIGH Grants

Polio Epic, Inc. is accepting applications within its membership for a one-time grant of financial assistance. This program is made possible by a bequest Polio Epic received from Frank Wadleigh, a long time member and supporter of our efforts. The purpose of the program is to improve the quality of life for members, while supporting the overall mission of Polio Epic. The grants are available up to $500 for any eligible Polio Epic member. Reasons for requests can be as varied as the members making them, all are seriously considered. Contact: Dave Marsh at 327-3252 or davidmarsh519@yahoo.com

To get your Polio Epic, Inc. newsletter in color and on-line, set your e-mail address to always accept messages from mickiminner@msn.com