President’s Note

It is hard to believe that 2017 will soon be in the history books and another year is quickly approaching. Often we find ourselves hustling and bustling to get ready for Christmas or Hanukah. May I encourage you to get a cup of cocoa, listen to some holiday music and ponder how you spent the holidays as a child. Our Christmas’s were simple and I do not remember the busyness we experience today. My mom baked many Christmas cookies and my sister and I got to take a big plate to our elementary teacher. As we grew older, she often took platters of cookies to the teacher's lounges in the junior high and high school. We usually received three gifts—a book, an article of clothing and one toy or game.

David and I have really simplified our holiday traditions. We used to buy many gifts for our families in Nebraska and Arizona. We had to shop early so gifts could be wrapped and mailed north. Today we try to "Create Memories" for gifts. We had a wonderful time with our grandsons in Williams, Arizona riding the Polar Express. We have enjoyed trips to the Children's Museum, Miniature Museum, Zoo and lunches out. We hope the boys grow up and remember the times that were just for us to enjoy each other.

I close this message by reminding you of one of my favorite little poems. May God bless each of you as we celebrate the holidays and look forward to a great 2018.

Yesterday is history,

Tomorrow is a mystery,

Today is a gift,

That is why we call it the present!

Your President, Janna Peyton
The General Membership Upcoming Meetings

December 9th, 2017 — This is our annual Holiday Dinner, make your reservations NOW! We want to see everyone at our great and fun party! We are going to have singing, good food and door prizes. This is our opportunity to share/care and have fun. The sign up sheet is included within this newsletter. Remember, that Polio Epic picks up HALF of the cost of the meal, so that everyone can afford to join us!

January 4th, 2018—This is our first Board meeting of the year. We would like as many people as possible to attend. Even if you are not on the board your opinion is important! We are discussing our goals for the next year! Please attend and make your opinion heard! Our board meetings are held at the Ward 6 offices at 3202 1st Street, Tucson, Arizona 85716 at 10am—12noon.

January 13th, 2018—This general membership meeting will be to actively plan some of the goals that have been established. Be a part of planning what services and support you would like, and information that might help us achieve our goals.

February 10th, 2018— This general membership meeting will be hosted by Micki Minner as we attempt to answer questions about medical information, research, helpful hints, how to talk to Doctors, and how to keep track of our own medical records!
SO YOU THINK YOU ARE A POLIO SURVIVOR?

Many people who have had childhood diseases aspire to be polio survivors. I am sure you have read the surveys that point out that a higher percentage of us than of any other group are married with college educations and high paying, high profile jobs. So of course, there are those who would like to join this elite group. The following quiz is designed to wean out these imposters. Answer honestly, writing down the answers on a slip of paper as you go. No cheating, do not even use a pencil with an eraser. I insist that you use INK. Ready? You may open your quiz now.

1. There is a spot of water on your vinyl flooring. You:
   a. get the mop and wipe it up.
   b. call your child/spouse to come and wipe it up.
   c. use the back of your pants to wipe it up, seeing as how you have already stepped in it and are down there on your back anyhow.

2. You need the big mixing bowl that is stored on the uppermost shelf of your cupboard. You:
   a. climb on a kitchen chair and stretch to the limit of your reach and get it down.
   b. call your child/spouse to climb up and get it for you.
   c. buy a new one after climbing on the kitchen chair, stretching to the limit of your reach and dropping it (hopefully not on the dog.)

3. You are comfortably ensconced in your recliner, feet up, a teensy bit of drool escaping from your mouth along with that purring noise you make at such times. The phone rings. You:
   a. gracefully reach over and pick it up, answering in a civil tone.
   b. call your child/spouse to come and answer it.
   c. jump straight up about three feet in the air, turn a triple somersault and land in the recliner clutching the phone with one hand and your chest, with its wildly beating heart, in the other.

4. You have gone to the grocery store, the cleaners, the post office, the library and the swimming pool. Arriving home with your tongue hanging out and your legs in spasm, you:
   a. make about seven trips to and from the car, carrying everything in to the house.
   b. call your child/spouse to come and get the things out of the car and into the house.
   c. load everything up in your arms, use your teeth to carry the strap of your purse, put the handles of the plastic grocery bags over your wrists and walk in agony into the house with this load, proud that you have saved yourself many trips.

5. Your church is having a bake sale. They have asked you to bring 12 dozen cookies. You:
   a. mix up a quadruple batch of cookies, put the dough in the refrigerator and have your grandchildren help you bake them after school.
   b. call your child/spouse and give them a blank check to go buy 12 dozen cookies at the bakery.
   c. mix up a quadruple batch of cookies, bake them all while standing at the kitchen counter, moaning and groaning with pain, then take as many pain pills as you feel you can safely get away with and sleep for two days.
WADLEY, Frank L., born, September 24, 1923 in Salt Lake City, passed away February 19, 2006 in Tucson. Frank was veteran of WWII where he contracted polio while in the CBI Theater. He was a graduate of the Thunderbird School of International Management in Phoenix. As an investment counselor for IDS, he traveled extensively and lived in Mexico City, Nice, Portugal and Honolulu and was fluent in several languages. Frank was a member of many organizations and clubs in Tucson, most notably the Republican Club and the Exchange Club. Through Literacy Volunteers, he tutored many foreign college students in English. He was a lifelong supporter of Julliard School of Music in New York, where he honored his Aunt, Florence Kimball, one of the founding teachers. He was a very generous man and a true gentleman, with a droll sense of humor, who loved a good story and a good discussion. He is missed by all who knew him.

http://tucsoncitizen.com/morgue2/2006/02/24/25472-funeral-notices/
EXERCISE GUIDELINES FOR POLIO SURVIVORS

Dr. Carol Vandennaker
University of California – Davis
Post Polio Clinic

Exercise is defined as planned, structured, and repetitive body movement. Physical activity is movement occurring during daily activities. A therapeutic exercise program is designed for health benefit—generally to reduce pain, increase strength, increase endurance and increase the ability to do daily activities. Not all polio weakness is due to overuse, often lack of exercise and physical activity leads to muscle wasting and cardiovascular deconditioning. Research supports a carefully designed therapeutic exercise program for most polio survivors to enhance optimal health and function. The program should be individualized and modified if problems arise.

Important principles to follow are:

1. Start very slowly. Often 3-5 minutes is all that can be tolerated initially if muscles have not been exercised for a period of time.

2. Interval exercise, short bouts of exercise alternating with rest periods, can be very effective.

3. Progression should be slow, especially in polio-affected muscles.

4. Intensity should be low to moderate.

5. The plan should include a rotation of different types of exercise such as stretching, cardiovascular (aerobic) conditioning, strengthening, and range of motion exercises.

6. Pacing should be incorporated into the program with at least one day of rest between strengthening exercise sessions.

7. Aquatic exercise is often ideal as the buoyancy of the water help to support weak muscles and joints while providing mild resistance to muscles. Remember it is easy to overdo in the pool because it is so much easier to move!!

8. Be aware that signs of overuse can occur 24-48 hours after too strenuous exercise or an overly active day. Symptoms of overuse indicate a need to decrease the amount of exercise or decrease the frequency of activity. The symptoms to watch for are: muscle cramps and spasms, muscle twitching, muscle pain and extreme fatigue.

REMEMBER THAT YOU CAN EXERCISE SAFELY AND IMPROVE YOUR CONDITION IF YOU APPROACH IT WITH PATIENCE AND CONSISTENCY!
Enclosed is membership fee of $10.00 per person for one calendar year (Sep 2017–Aug 2018). New Fiscal year of 2018 starts 9/1/17.

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

I am UNABLE to pay dues at this time, but wish to continue my membership and receive newsletter.

Amount Enclosed for Membership $__________
Amount Enclosed for Charitable Donation $__________
Total Enclosed $__________

Make checks payable to Polio Epic, Inc. and return to P.O. Box 17556, Tucson, AZ 85731-7556.

PLEASE NOTE: OUR FISCAL YEAR DIFFERS FROM CALENDAR YEAR—The New FISCAL year for Polio Epic, Inc., began on September 1st, 2017. So, dues sent in from now on will be for the next 2017/2018 year, and the label will show 2018 if you are current.

Polio Epic, Inc. is a registered 501c(3) organization...as such we have rules and regulations that we must follow in order to keep our tax exempt status. One of those rules that we follow is having a “fiscal” year. Polio Epic’s new year starts in September in one year and runs through August the next year. When you see the year at the bottom of your label, it tells you what FISCAL year you have last paid your dues. If the label says 2017, that means you paid your dues in the PREVIOUS FISCAL year, and are due to pay this year’s dues. We have kept our dues at a low amount of $10.00 in order to make membership available to as many people as possible. We provide services to our members based on the income that we receive in dues and donations. Please remember to check and see if your dues for 2018 have been paid. If you receive this newsletter via email, you will receive a yearly email in September to remind you. If you are not sure, then call Micki Minner at 520-307-0174, or email: Mickiminner@msn.com. Micki will be glad to check our membership roles to find the last date you paid your dues! THANK YOU for supporting our organization, and the services we provide to Polio Survivors in Arizona.
POLIOEPIC, INC.
Annual Holiday Party
December 9th, 2017

Entrees
Sliced Turkey with Traditional Herb Gravy -- Sliced Ham with Cider Glaze -- Vegetarian Pasta
Hilton Salad with Tomatoes, Cucumbers, Carrots, and Croutons
Choice of Dressing on the Table: Ranch and Balsamic
Sides of Mashed Potatoes and Chef's Choice Seasonal Vegetables
Fresh Baked Rolls and Creamery Butter
Glasses of Iced Water
Chef's Choice Holiday Dessert, served at the Table
Coffee and Decaf Coffee offered with Dessert

$14.00 per person

Please mail your checks to: Micki Minner, Polio Epic;
4309 East Old Mill Road; Tucson, AZ 85712
Please make your checks out to: Polio Epic
Please make your reservations and pay by the Wednesday, December 6th, 2017

NAME: __________________________ MENU CHOICE (CIRCLE)

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Please remember, you cannot change your meal choice at the party.
The Twelve Days of Christmas, Arizona style

On the first day of Christmas, my true love gave to me a wren in a paloverde tree
On the second day of Christmas, my true love gave to me two prairie dogs
On the third day of Christmas, my true love gave to me three cowhands
On the fourth day of Christmas, my true love gave to me four mourning doves
On the fifth day of Christmas, my true love gave to me five prickly pears
On the sixth day of Christmas, my true love gave to me six burros braying
On the seventh day of Christmas, my true love gave to me seven javelina
On the eighth day of Christmas, my true love gave to me eight manzanita
On the ninth day of Christmas, my true love gave to me nine saguaro cacti
On the 10th day of Christmas, my true love gave to me 10 mountain lions
On the 11th day of Christmas, my true love gave to me 11 cholla jumping
On the 12th day of Christmas, my true love gave to me 12 weeds a’tumbling

A Tucson version of “The 12 Days of Christmas,” was written by sisters Sue and Sandra Philpott