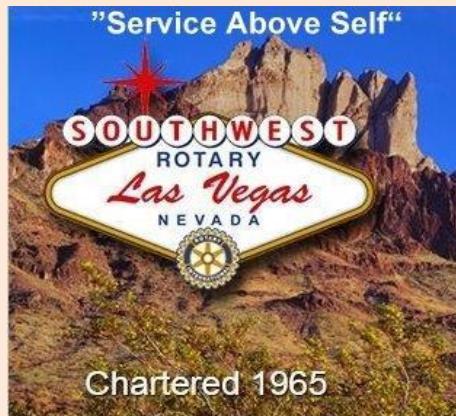




District 5300



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Rebecca Collett
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Monday, Noon

Lawry's Prime Rib Restaurant
4043 Howard Hughes Parkway
(Paradise and Flamingo)
Las Vegas, NV

501c(3) Tax ID# 81-1650174
501c(4) Tax ID# 88-6008778

PO Box 70126, University Station
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Club Phone-**702-870-4655**

Check out our website
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page – “Rotary Club of Las Vegas
Southwest”)

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#

Presiding and Conducting:
Prayer and Pledge:
Photos:
Mic duty:
Newsletter:

President Karl Maisner
Fred Fukumoto
Ted Henderson (see below or click [here](#))
Eric Colvin
Obadiah Dogberry, Esq.

VISITING ROTARIANS

Dawn Hooper visiting from the [Boulder City Sunrise Club](#). Dawn was accompanying today's speaker who, not so coincidentally, is her mother.

GUESTS

None

ROTARY REGALIA

Everyone was appropriated pinned and attired. Way to go, Rotarians!

ANNOUNCEMENTS

Pres. Karl welcomed back **Adrienne Cox** who is attending for the first time in awhile (although she has been plenty active “behind the scenes”). She is in the process of becoming a “bionic woman” beginning with her knees (we always knew she was a “superwoman”!)

SERVICE ABOVE SELF



The Object of Rotary

THE OBJECT of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

The Four-Way Test

OF THE THINGS we think, say, or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians:

AS A ROTARIAN, I will

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

President Karl thanked everyone who helped out at last Saturday's service opportunity at [Rancho High School](#). The project was sponsored by the [Red Rock Rotary Club](#) and our club provided financial help and volunteers. (see pictures [here](#) or below.) We helped assemble and deliver 2000 brown bag lunches which were donated to the [Nevada Partnership for Homeless Youth](#). Nevada Partnership for Homeless Youth is an organization which helps address the needs of displaced youth in the Las Vegas Valley.

Adrienne Cox thanked those who have volunteered to provide overnight lodging on 9/7/18 for the Ukrainian doctors who will be in town on a Rotary project. Adrienne, **Melissa Copeland** and **Scott Baranoff** have all volunteered to provide bedrooms.

Eric Colvin reminded everyone that the next "social" meeting will be on 8/23 so we won't be meeting at Lawry's on the 20th.

Pres. Karl also reminded everyone about our next "Feed the Homeless" event on Wednesday, August 29, 2018, at [Christ Church Episcopal](#). CSE is located at [2000 S Maryland Pkwy, Las Vegas, NV 89104](#). We also need donations of gently used summer clothing. Plan on arriving between 4:30 and 5:00 p.m. We should be finished between 6 and 6:30.

GIFTS FOR THE PRESIDENT (Postcards, anyone?)

Pres. Karl said that he received two postcards recently (from **Tom Martin** and **Eric Colvin**.)

Pres. Karl asked **Tom** to elaborate on his recent trip which occasioned the postcard. Tom said that he and Donna spent a week in [Whitefish, Montana](#) visiting friends. He lamented the fact that when he returned he found that his A/C wasn't working but fortunately all it took was a quick phone call to fellow Rotarian **Mark Rowley** and Mark was able to hook him up with Mark's A/C guy and the problem was quickly resolved. Pres. Karl also pointed out that Donna's dad ([Gus Giuffre](#)) was recently prominently mentioned on KLAS-TV's 65th anniversary celebration program. Gus was hired back in the day to do news broadcasts for \$5 a night on the condition that he shave his mustache...Italian gentleman that he was, he demurred, and said that \$5 was hardly enough to even convince him to do the newscast in the first place. They relented and the rest is history. In fact, even though he passed away in 1989, his name is still perpetuated. You'll find Gus Giuffre Drive on the west side of Paradise, just south of Tropicana. Despite the sentimental journey into the past, Pres. Karl assessed a \$50 fine, but reduced it by \$10 since Tom at least sent a postcard.

Eric was asked about the "provenance" of the postcard which he sent to Pres. Karl. Eric allowed as to how it took him a few minutes to remember how to even send "snail mail" but eventually he did figure it out. The postcard featured the [Kennedy Space Center](#) in Orlando, Florida. Eric said he didn't actually make it to the KSC as he spent all of his time in Orlando attending the annual conference of franchisees for "[Nothing Bundt Cake](#)". He said it is his 6th or 7th time attending the conference

as they are part of his bank's "preferred franchisee" program. (Actually we all thought he was invited because he is their "preferred customer"!) As you know NBC was started here in Las Vegas just over 20 years ago and has since grown to over 260 franchises across the country. Eric escaped with a mere \$75 recognition.

Ted Henderson (as he is wont to do) interjected with a short story about a trip he and Nancy took to Orlando in 1993. He said they drove and that having lived in the desert most of his life, his impression of the Orlando area upon arriving was that everything was "aggressively green". What he came to realize was that the term "aggressively green" would also apply to the mold in the closet of the motel where they stayed.

Joe Wittenwiler was asked about his recent vacation to Hawaii. Joe said that he and his wife spent a week on the island of Kauai and then joined his in-laws and other family members on the island of Oahu for another week. He lamented that he had no money left to pay any substantial fines but his protestations fell upon deaf ears because Pres. Karl hit him with a \$100 recognition.

JOKE OF THE DAY

Despite the invitation, nobody volunteered. Where is **Scott** when we need him!

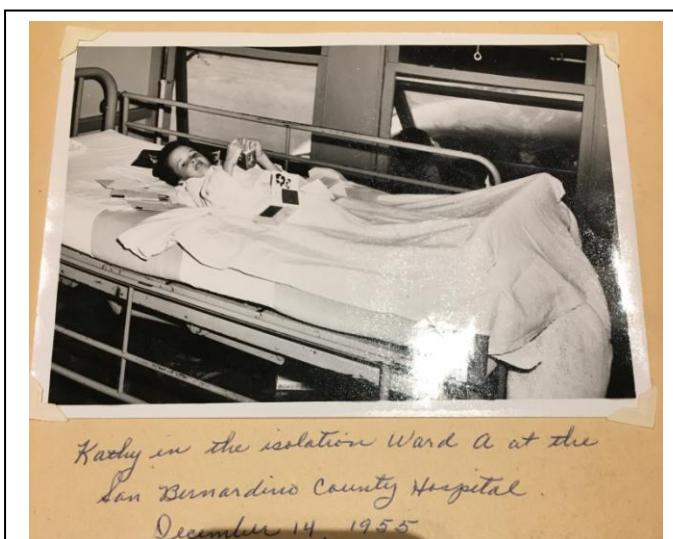
DRAWING

Well, guess who the big winner was today? Yes, none other than **Pres. Karl!**

SPEAKER

Pres. Karl introduced our speaker, Kathy Hooper. Kathy is from [Barstow, CA](#) whose motto is "California's Crossroads of Opportunity" (a small joke was proffered about the fulfillment of said motto, the gist of which shant be repeated here.)

Kathy had polio as a child and shared her story with us.



One of the topics she discussed is “post-polio syndrome”. She also provided a list of some websites that help in understanding the topic:

www.polioplace.org

www.mayoclinic.org

www.post-polio.org

postpolioinfo.com/bruno.php (This is the Dr. Bruno she mentioned who is the best expert she knows about in the U.S. She also said that there will be an international PPS webcast with Dr. Richard L. Bruno on Saturday, 9/15/18 at 10:00 a.m. US Western Daylight Time. She said it should be on the Facebook group Post Polio Survivors in USA. Just search the group name and you should find it.

A complete copy of Kathy’s presentation is presented below:

UPCOMING SPEAKERS

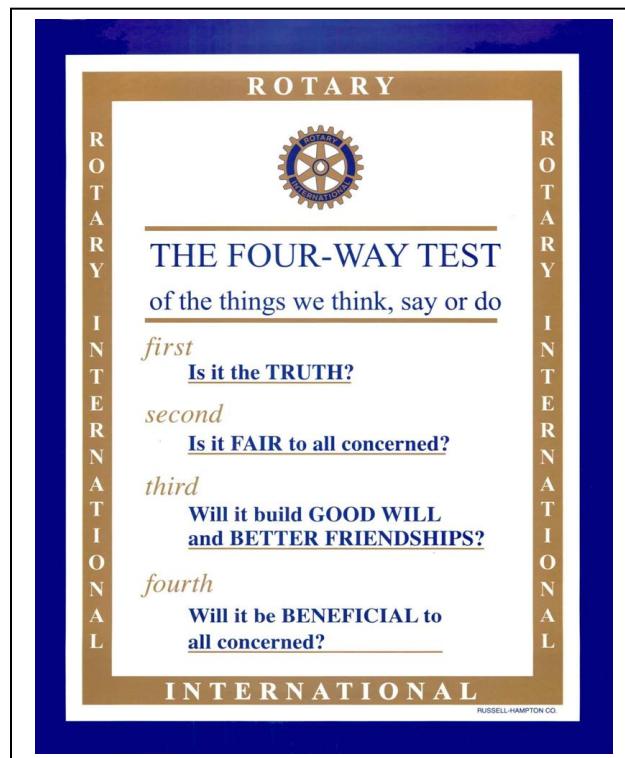
August 13th - John Chase: District Governor’s Visit

September 3rd - Labor Day - Dark

(Suggestions for future speakers are welcome and encouraged.)

CONCLUSION

We concluded the meeting by standing and reciting the Four-Way Test.



MY STORY ABOUT HAVING POLIO

Kathy Hooper

August 6, 2018

I was born and raised in Barstow and when the symptoms for me having Polio started, I was a month shy of turning 9 years old in December 1955, and in the 4th grade. The symptoms were a high fever, weakness and headaches, I remember being told to go to bed because I was crying and miserable and bothering everybody else trying to watch TV. This meant I would miss seeing "Ozzie and Harriet" on TV and hearing Ricky Nelson sing at the end of the show, I wasn't happy at all and felt terrible.

My mom took me to see Dr. Nafsgar the next day and he determined I had a bladder infection and sent me back home. Then the symptoms got worse and I could hardly walk without falling-down when I needed to go to the bathroom.

The next day my mom took me back to see Dr. Nafsgar. At this visit the doctor decided it might be possible that I had Polio and he did a spinal tap in my back to check the fluid that was withdrawn to determine if I did have Polio. It was determined on December 7th 1955, that I did have Polio and I was kept at the doctor's office, which was also the local hospital, that was Barstow in the 1950's.

Arrangements were made for me to be admitted to the San Bernardino County Hospital and put in isolation for two weeks.

My siblings, David, Ginny and Kenny were taken out of school and brought to the hospital by my grandparents. My dad had to get off work early to come to the hospital to be supportive of his family. They were each given mega dose shots of gamma globulin to give them resistance to catching Polio from me.

These were painful shots and I remember seeing my older brother, David, walk past the room I was in with a mean hateful look on his face. I heard my older sister Ginny and my younger brother Kenny crying when they got their shots. I wasn't told what was going on, but I felt bad they were crying for some reason.

My grandparents took my siblings home and stayed with them while my parents took care of me and found out what needed to be done next.

My parents were instructed to take me to the hospital in San Bernardino and get me admitted to the isolation ward for people that had Polio. The biggest deal of this whole event for me was that I got a glass straw that was bent so I could drink water out of a glass while I laid in the backseat of the car on the two-hour trip to San Bernardino.

I was admitted to the isolation ward and put in a room by myself. The doctors evaluated me and that was a scary experience. Five or six doctors came in, surrounded my bed, didn't talk to me or ask any questions just talked to each other. They checked out my legs and feet which were the weakest part of me and used their little rubber and steel hammer to check my reflexes which weren't good. You know how it is when they hit under your kneecap and your leg moves, well mine didn't. It was determined I needed to have hot pack treatments two to three times a day.

The hot pack treatments were pieces of wool cloth that were warmed up in hot water in a washing machine and wrung out. The washing machine was on wheels and I hated the smell and instantly became upset when I heard the thing rolling toward my room. The nurses wrapped the hot cloths around my legs and it felt like my skin was burning off. This treatment was meant to keep your muscles relaxed so you didn't get stiff from lack of movement.

My parents found Casa Colina Convalescent & Rehabilitation Center for Children in Chino, CA, which was started at the beginning of the polio epidemics and provided treatment for children of all ages with various illnesses and injuries.

I was taken from San Bernardino County Hospital to Casa Colina in an ambulance and my parents followed in their car. I wanted them to run the siren but it wasn't an emergency so it was a quiet ride.

I arrived at Casa Colina on December 21st 1955, which was of course just before Christmas. I received lots of cards and gifts from family and friends and my mom had me send a thank you note to everybody. I got more presents than all the other kids as I was so new to Casa Colina, I also got more gifts than my brothers and sister did, which made them a little jealous.

My mother and one or two of my siblings would come to visit me on the weekends and sometimes some other family members and friends from Barstow and the local area. My dad had Wednesdays off from the Sante Fe Railroad so he and my mom would ride his motorcycle down and visit me that day. It was nice to have company and they'd bring me oranges and Walnutoos. Does anybody remember those? They have them at Grandma Daisy's in Boulder City if you want some.

There were kids of all ages from babies all the way up to their late teens at Casa Colina and I was put in a room with seven other girls in the bed furthest from the TV. All the other girls were older than me up to about 13 years old. I wasn't even nine at the time and the youngest in the room. What a learning experience. They talked about "periods," and how they had to wear rags to take care of themselves. I didn't know what they were talking about. I soon learned I needed glasses as I couldn't see the TV.

We had school every day, multiple grades were put together in one of the big rooms. I don't remember much about going to school, except I was taken out every day at a certain time to go for exercises down in the basement. The exercises were terrible and very painful as they were stretching my muscles to get me moving again. I remember hating Nurse Kolder, "Nurse Killer" to me. There was no explanation or consolation or a smile for the pain I was being put through.

The goal was that I had to be able to put my head down to my knees while I was lying flat on a table and Nurse Killer was pushing my back and neck to get me there. Afterwards, I was put in a Hubbard Tub which was warm water, swirling around and felt good after being tortured. I would complain to my mom about the pain when she came to visit but was told to "behave and not cause any trouble." THE FAMILY MANTRA – Behave and don't cause trouble.

The exercises and stretching kept up for quite a while and when I was finally able to put my head down to my knees it was supposed to be a big day and I would get to go back to my classroom in a wheelchair instead of on a gurney and the other kids would be excited for me. Well, there wasn't a wheelchair available so they put me in a laundry cart and I was able to sit up on my return to class. Nobody was excited and I was very disappointed that it wasn't a big deal, I was still just Kathy.

Once I was stretched out, the exercises began to strengthen my legs and my back. Swimming was one of my favorite things to do, it was also in the basement. We were lowered into the pool on a lift and then given exercises and worked on holding our breath under water to strengthen our lungs. I already knew how to swim and mainly dog paddled at first until my legs got stronger and then I could swim. Most of the exercises were done by the kids holding onto the side of the pool and kicking our legs as best we could.

We did have some fun at Casa Colina, one of the girls got the words and music from one of Elvis Presley's new songs, I think it was "Hound Dog Man," and we would gather outside in the garden and sing together. Now, this was NORMAL. We also had a Brownie and Girl Scout Troop, I don't remember what we did other than putting on our uniforms.

Some of the kids were also part of parades, I think the Shriners put these together.

There was also a little bit of "love in bloom" among the older kids, like Tony and Roberta. One of the best looking older teenage boys was Joe Raffetto and his girlfriend would come and visit him and they would have some private time together out in the big grassed area in front of the building.

As I got stronger, they started putting me in a temporary leg brace for my weaker left leg and I learned how to walk again on the parallel bars. I was eventually fitted for actual braces for both my legs, a full-length brace for my left leg which had a lock at the knee because my leg wasn't strong enough to bend at the knee and hold me up. I had a brace on my right leg that just went to my knee. Both braces had restrictions at the ankles so that my feet would stay up as I had weak ankles and foot muscles. The braces were attached to my shoes which were white and blue saddle oxfords.

I was eventually able to try going up and down stairs, this is hard as it takes a lot of strength and balance.

The goal was for me to be out of Casa Colina in time to start school in September and begin 5th grade.

When I got out of Casa Colina, I went back to school at Henderson Elementary in Barstow, California, and started fifth grade. I was treated the same as before by my classmates and my teacher. I had two good friends, Nancy and Genevieve who would cross their arms together and carry me up to the playground where we had to gather each morning before class started to say the Pledge of Allegiance.

We had one particularly windy day and when this happened we had to go out the back door of the cafeteria after lunch. As I walked along, a strong gust of wind hit me and I went down to the ground with my arms stretched out to hold me up. Since the brace on my left leg was locked at the knee it helped keep me from falling completely flat out on the ground. I remained in that position for what seemed like forever. The other students walked past me, the boys got a look at my behind as the wind was blowing my dress in the air. I don't know why nobody stopped to help me up, but they didn't.

I was very upset, in tears and very tired after I finally got back up and walking again. I didn't go back to my classroom, I went down to the kindergarten rooms and got my brother Kenny to go to the office and call our mother to come pick me up from school. I went and sat on some stairs to wait for my mom to come get me. My mom consoled me and called my teacher, Mrs. Roberts and told her what had happened. The teacher apologized to me the next day and told me she'd keep an eye out for me in case I needed help the next time we had a bad wind.

As I think back to hearing the word "normal" as a child, I believed it. I didn't really know what normal meant, but I believed it.

I had three surgeries on my feet. The first was during the summer after I finished 5th grade, I had to leave school a week early so I missed the end of school party and fun times. The surgery was on my right ankle to fuse the ankle so I couldn't twist it and to help with my drop foot and hopefully stop my foot from growing as my left foot had already stopped getting any bigger or longer. I also didn't have to wear the brace on right leg anymore. New shoes again, how exciting, but they were still blue and white saddle oxfords as they were sturdy and could be attached to the braces. I also got to start unlocking the device on my left leg brace so my leg bent normally.

The next summer I had the same surgery on my left foot, fusing that ankle, and, also fusing my big and second toes as they were starting to curl over in what is called a "hammer toe." They also used a new procedure which was screwing a long screw into the end of those two toes to keep them straight while they fused.

The screws were removed a month or two after the surgery and were supposed to just "unscrew," as the doctor told me, "no pain." What a lie and the doctor and nurse couldn't believe I was in so much pain having my toes pulled off while they removed the screws. Another new pair of saddle oxfords. Whoopee!

The next year they cut the brace on my left leg down to a half leg brace that just went to my knee. No surgeries. Yay! I had spent two summers in the house because I didn't want people staring at me with a cast on. It wasn't in fashion yet to have people autograph your cast.

The following summer the doctor decided to try a muscle transplant on my left foot to hopefully give me better ability to pick up my foot to help me walk, it didn't work. Dr. Carmack, the doctor that performed the surgeries told me I was now "NORMAL." Since I was now "normal" my mom took me shopping for shoes that weren't saddle oxfords. I got some kid glove shoes that felt so good on my feet but gave me absolutely no support and were probably the worst kind of shoes I should have been wearing, but I loved them. And I was ready to start 9th grade at Barstow High School. I thought I looked cool in my new shoes.

My next shoes were tennis shoes which were much better and got me through high school and beyond. Whenever I had to get shoes I had to buy two pairs, one that fit my right foot, a size 9AA and one that fit my left foot, a size 6AA. Thankfully I found Nordstrom's when I got older as they would sell me two different sizes of shoes for the price of one.

You may be asking, if the Polio vaccine which had been developed by Dr. Jonas Salk in April 1955, was being distributed to children at schools all over the country, had I received one? No! There had been one bad batch of the vaccine and people were getting Polio from the shots instead of being protected. My folks had decided to not allow me and my siblings to get the vaccine in fear of us getting Polio. Who would know which batch of vaccine we were getting in Barstow.

But a few years later, I still got the vaccine shot and the oral vaccine that came out later as developed by Dr. Sabin. My mom tricked me into getting the vaccine shot. She asked me if I'd like to go to the grocery store with her and that was a treat so I said "yes." As we were coming back from the grocery store, my mom pulled over and parked across from the USO, where they gave out shots to the community. As I got out of the car, I asked my mom why she was stopping here and she told me I needed to go get a Polio shot. I felt totally betrayed, I'd had Polio, why did I need to get a shot? The thinking at the time was there were three types of Polio, Bulbar being the worst which put people in iron lungs, which I did not get and the other two which I did get, which affected my back, arms and legs. So, the fear was I could get the Bulbar kind of Polio if I didn't get the shot.

I didn't care for this explanation and grabbed hold of a newspaper rack and made my mother beg and beg me to let go and come with her. I know I embarrassed her as people drove or walked by and watched this spectacle on Main Street in Barstow. She finally won out or I wore out, I don't remember which but we went across the street to the USO and I got my Polio shot. I've often wondered if this could be the reason for getting Post-Polio problems because, in essence, I had gotten Polio, had the shot and the sugar cube. That's like having Polio three times. I don't know if any research has been done on this, but it makes sense to me.

As part of my follow-up care, the Elks Lodge provided a doctor that came to the USO once a month to evaluate me and a physical therapist that came by our house once or twice a month and showed my mom how to give me exercises to keep strengthening my arms, legs and back. My mom got me up early after my dad had gone to work and before my brothers and sister got up and gave me my exercises on the kitchen table.

I was proud when I got strong enough to do the one-legged skip, like when you first learn how to skip. This was faster than walking and made me feel pretty good. I think the exercises continued until I finished high school and then I was on my own, living life and thinking everything was normal and I was all grown up. What a shock that was, I was only 17 1/2 at the time and it was 1964.

Several years later, I started having weakness in my left foot and wound up getting a short leg plastic brace to prevent drop foot. This was about when I was 35, had been married, had my beautiful daughter, Dawn and was working a full-time job. I had always known in my head and heart that I would wind up in a wheelchair again sometime in the future.

Some information had come out about something called Post-Polio Syndrome. I started doing some research, went to a few doctors and found that most doctors knew nothing about it or didn't believe it was possible, blamed all my symptoms on being a woman and whining about everything.

I did find a Post-Polio support group in Orange County, California, and found out Post-Polio was in deed SOMETHING and the group shared information including doctors that recognized Post-Polio as a real syndrome and something we needed to know about to prepare ourselves for our future.

In 1996, I started getting weaker all over and suffered from depression. The depression was mainly due to my job which I had started the year before and I discovered the weakness was too as I was lifting and walking far more than I should to just do my job. I was the Human Resources Manager and supervised sixteen people in an office that had been terribly run by a manager that had no idea what he was doing. The man I had replaced only worked part-time so there was a two-year backlog of work I had to catch up on in a short amount of time. This included performance evaluations that hadn't been done in over a year and filing that had been hidden by the file clerk for two years.

I finally went to a psychologist and got on medication for the depression, which didn't really help. I felt like I was part of the mattress I slept on and could hardly get out of bed.

I decided to go out on disability and see if things got better. The medicine and not working didn't help, so I filed a claim for Workers' Compensation as I felt all my problems were related to my job and that it had exacerbated my Post-Polio problems.

As I went through the three-year process of seeing doctors, taking mental and physical tests, giving depositions, and delays caused by my attorney, I stayed as active as I could. I would go swimming several times a week with my friend Mo, who also suffered from Post-Polio Syndrome and had already had to go on disability herself. By the way, I won my case and got a huge settlement which I still get a monthly check from to this day.

While going to all the doctors and getting treated I was told to go back into braces like I had as a kid, long leg for the left leg and half brace for my right leg. The braces I now got to wear were made out of plastic and could fit inside my shoes, which was nice as it wasn't saddle oxfords

again. I also started using a crutch for my left side to give me more support as my equilibrium was getting bad.

In 1998, my friend Mo and I started talking to various Rotary groups about Post-Polio and the eradication of Polio around the world. There didn't seem to be too much interest at the time as a lot of people believed Polio had already been eradicated.

In 2001, when I applied for Social Security Disability I again had to go see several doctors and it was determined I had Secondary Progressive Multiple Sclerosis. Between my Post-Polio problems and the MS problems, I have gotten weaker and weaker over the years along with having balance problems and couldn't walk anymore. I started using an electric wheelchair and got a wheelchair accessible van with a transfer seat which makes it possible for me to keep my independence.

In December 2008, I lost my husband Mel of 30 years to Leukemia. We had been living in Oregon and loving it. It was hard to be totally on my own so I moved to North Las Vegas to be near my wonderful daughter Dawn and her husband Dale. I lived in a senior complex.

Three years ago, we bought a house in wonderful Boulder City and we love it there. So many wonderful people and a quiet, safe little town.

Thank you for listening to my story and if you have any questions, please do not hesitate to ask me now or after the meeting.



The Rotary Foundation Corner

August 6, 2018

The Objective of The Rotary Foundation is the achievement of World Understanding and Peace through International Charitable and Educational Programs.

Mission Statement: *The Mission of the Foundation Committee is twofold: First, to introduce our members to and educate them about the various programs The Rotary Foundation has in its Six Areas of Focus; and Second, to differentiate PolioPlus from those programs and how each are funded.*

Post PolioPlus Syndrome (Part 1 of 2)

I want to express gratitude for Kathy Hooper and her Lovely Daughter Dawn for Kathy's heartfelt and informative presentation at today's meeting of her experiences as a polio survivor, and especially for opening our eyes to the on-going challenges of Post Polio Syndrome. I was totally unaware of this condition, as perhaps many of us were, but member Ed Gutherie was intimately aware of it because a dear friend who suffered from the same thing. As a result, I contacted The Rotary Foundation and have received informative I share with the club. The one pamphlet I will quote from is "*A Rotarian's Primer on Polio Education and Polio Survivor Support. (Revised November 2015)*"

Is there an ongoing health threat to polio survivors after they have “recovered” from polio itself?

Yes. The survivors of polio began reporting new health problems in the lat '70s and early '80s. The most common symptoms, new weakness, pain and fatigue, interfered with the ability of polio survivors to carry out their daily activities. New breathing problems also reduced the activity of some polio survivors. The numbers of individuals were substantial because those seeking medical help were part of the major epidemics of the '40s and '50s. This condition is called Post Polio syndrome (PPS).

How do polio survivors protect themselves from PPS?

PPS is defined as a new neurological condition affecting polio survivors after years of stability of function. It is believed to be caused by the failure of motor units (the nerve cell and muscle combination that enables movement). At this time there is no medication that can stop the nerve loss. In addition, polio survivors can also have musculoskeletal problems, such as ear and tear on the joints and increased scoliosis due to new muscle weakness. The goal is to protect their muscles and joints from overuse while maintaining their ability to function and participate fully in life. The goal can be accomplished with judicious exercise and appropriate assistive devices based on their individual conditions. It is very important that polio survivors focus on general good health measures to prevent and treat other health problems that can exaggerate their functional losses.

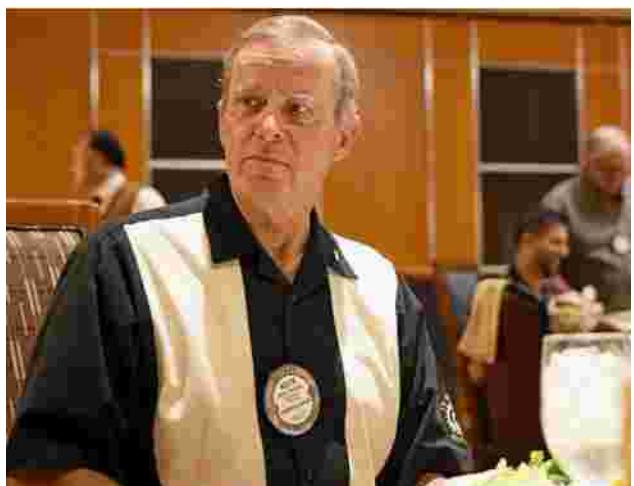
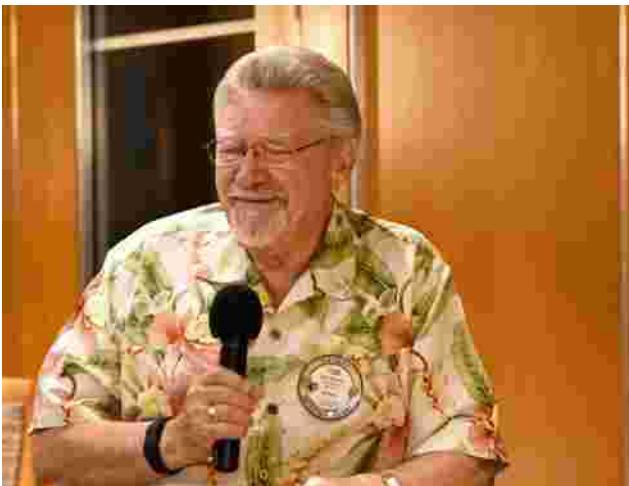
Is this PPS protection/treatment expensive?

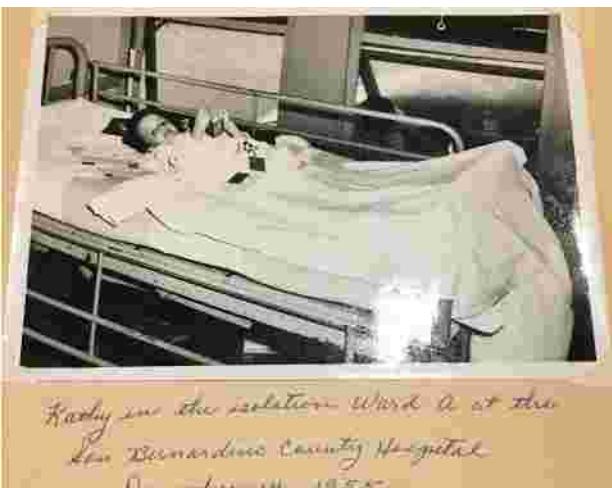
It depends. In most cases, a thorough examination and sound advice on lifestyle changes to prevent further musculoskeletal problems can counter new pain, weakness and fatigue. The assistive devices needed can be as simple and inexpensive as a cane and as complex and expensive as a breathing device. A major challenge some survivors face is accepting the changes health professionals recommend, such as new bracing or a wheelchair, either manual or electric, because they may think using these devices represents a “failure.” Support from other survivors through face-to-face and online support groups can help them adjust to the options available to them.

Do all polio survivors contract PPS?

Studies vary in their conclusions but the range is 25-40%. The variance can be explained by how post polio syndrome is defined by the researcher. Regardless of the studies and definitions, people who had acute poliomyelitis, depending on the extent of the original infection and the amount of weakness, will most likely notice some change in their abilities to function as they age and/or as they experience other conditions that are typical of aging.

(To be continued in Part 2)









Event: Calendar: Las Vegas Southwest

**August 2018 – January 2020
Membership and New Club Development Month**

August 4, 2018			Saturday
12:00pm - 2:00pm	Las Vegas Southwest	Service opportunity at Rancho High School id=77390705	
August 6, 2018			Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363115	
August 13, 2018			Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DISTRICT GOVERNOR'S VISIT id=77363116	
August 23, 2018			Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77363117	
August 29, 2018			Wednesday
5:00pm - 6:30pm	Las Vegas Southwest	Feed the Homeless id=77365596	
September 3, 2018			Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR LABOR DAY id=77363119	
September 10, 2018			Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365355	
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363120	
September 17, 2018			Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363121	
September 27, 2018			Thursday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77363122	
October 1, 2018			Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365356	
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363123	
October 8, 2018			Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR COLUMBUS DAY id=77363124	
October 15, 2018			Monday

12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363125
October 25, 2018		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL - Offsite id=77363126
October 31, 2018		Wednesday
5:00pm - 6:30pm	Las Vegas Southwest	Feed the Homeless id=77365597
November 5, 2018		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365358
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363128
November 12, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - Dark for Veterans Day id=77363129
November 19, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR THANKSGIVING id=77363130
November 26, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363131
December 3, 2018		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365359
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363132
December 14, 2018		Friday
6:00pm - 9:00pm	Las Vegas Southwest	Club Meeting - SOCIAL(HOLIDAY PARTY) id=77363133
December 17, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363134
December 24, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR CHRISTMAS HOLIDAY id=77363135
December 31, 2018		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR NEW YEARS HOLIDAY id=77363136
January 7, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365361

12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363137
January 17, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77363139
January 30, 2019		Wednesday
5:00pm - 6:30pm	Las Vegas Southwest	Feed the Homeless id=77365599
February 4, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365362
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363141
February 14, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77363142
February 18, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR PRESIDENTS DAY id=77363143
February 25, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363144
March 7, 2019		Thursday
6:00pm - 7:30pm	Las Vegas Southwest	Club Meeting - SOCIAL - (PAST PRESIDENTS DAY) id=77363145
March 11, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365368
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363146
March 18, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363147
March 28, 2019		Thursday
6:00pm - 9:00pm	Las Vegas Southwest	Club Meeting - SOCIAL(GOLD RAFFLE) id=77363148
April 1, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363149
April 8, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365364

12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363150
April 15, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - Dark for Tax Day id=77363151
April 25, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - Dark for Easter Monday id=77363152
May 2, 2019		Thursday
6:00pm - 7:30pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77381331
May 6, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363154
May 13, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365365
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363155
May 23, 2019		Thursday
6:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77363156
May 27, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR MEMORIAL DAY id=77363157
May 29, 2019		Wednesday
5:00pm - 6:30pm	Las Vegas Southwest	Feed the Homeless id=77365600
June 3, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363158
June 10, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77365366
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363166
June 17, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77363168
June 27, 2019		Thursday
6:00pm	Las Vegas Southwest	Club Meeting - SOCIAL (DEBUNKING) id=77363161
July 1, 2019		Monday

12:15pm - 7:53pm	Las Vegas Southwest	Club Meeting - DARK FOR INDEPENDENCE DAY id=77380825
July 8, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380851
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380826
July 15, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380827
July 25, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77380828
July 29, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380829
July 31, 2019		Wednesday
12:15pm - 8:04pm	Las Vegas Southwest	Feed the Homeless id=77380857
August 5, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380830
August 12, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380852
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380831
August 22, 2019		Thursday
6:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77380832
August 26, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380833
September 2, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR LABOR DAY id=77380834
September 9, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380853
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380835
September 16, 2019		Monday

12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380836
September 26, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77380837
September 30, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380838
October 7, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380854
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380839
October 14, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR COLUMBUS DAY id=77380840
October 24, 2019		Thursday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77380841
October 28, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR NEVADA DAY id=77380842
October 30, 2019		Wednesday
4:30pm - 6:00pm	Las Vegas Southwest	Feed the Homeless id=77380858
November 4, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380855
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380843
November 11, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - Dark for Veterans Day id=77380844
November 21, 2019		Thursday
6:00pm - 7:30pm	Las Vegas Southwest	Club Meeting - SOCIAL id=77380845
November 25, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR THANKSGIVING id=77380846
December 2, 2019		Monday
11:00am - 12:00pm	Las Vegas Southwest	Board Meeting id=77380919

12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380847
December 13, 2019		Friday
6:00pm - 8:00pm	Las Vegas Southwest	Club Meeting - SOCIAL (HOLIDAY PARTY) id=77380923
December 16, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting id=77380849
December 23, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR CHRISTMAS HOLIDAY id=77380850
December 30, 2019		Monday
12:15pm - 1:30pm	Las Vegas Southwest	Club Meeting - DARK FOR NEW YEARS HOLIDAY id=77380945