

# POLIO

# PERSPECTIVES

Volume 24 No 4 Winter 2009

Promoting Understanding Through the Michigan Polio Network, Inc Since 1986

## MICHIGAN POLIO NETWORK BOARD OF DIRECTORS

### ELECTION IS NEAR

We have five incumbents running for the Michigan Polio Network, Inc. board of directors up for re-election and we have seats open for new members. On page eleven of this polio perspectives is the ELECTION BALLOT.

Please mark your ballot.

THEN TEAR IT OUT OF THIS ISSUE, TRI-FOLD SO THE ENVELOPE ADDRESS SHOWS, PLACE A STAMP ON IT, TAPE IT and mail it as soon as possible to the:

MICHIGAN POLIO NETWORK, INC  
1156 AVON MANOR ROAD  
ROCHESTER HILLS, MI 48307-5415

## YOUR POLIO STORY

*In the Polio Perspectives Vol 24 No 2 summer 2009 issue we requested polio survivors to write their Polio Story. We have received many stories since then— It is great!!*

*I am now requesting again for more Survivors to submit their Polio Stories.*

*Keep them coming!*

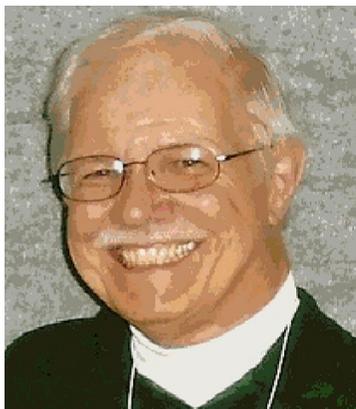
*Vera Hazel, Editor Polio Perspectives*

### INSIDE THIS ISSUE

From the Chair .....	p 2
In memory of Jane Evans .....	P 2
Cruising the Caribbean .....	p 3
Here We Go Again .....	p 3
Library Corner .....	p 4,5
Polio In Rwanda .....	p 5
Support Groups and Contacts .....	p 6
Rose Marie Reid Polio Story .....	p 7,8
Howard Fugere Polio Story .....	p 8
Sharon Borgman Polio Story .....	p 9
Board of Directors Bios .....	p 10
ELECTION BALLOT .....	p 11
TRI-FOLD ENVELOPE .....	p 12
Survivors Sharing .....	p 13-15
MPN MEMBERSHIP FORM .....	p 15
POST-POLIO CLINIC NUMBER .....	p 15
Barbvara Oniszcak Polio Story .....	p 16
\$2.99 Breakfast .....	p 16
Bruce Sachs Polio Story .....	p 17,18
Dianne Dych-Sachs Polio Story .....	p 19
BOARD OF DIRECTORS .....	p 20

# FROM THE CHAIR

By Bruce Sachs



Although we have been in Florida since December, we have continued our work with polio survivors in Michigan and in several states. On our Western Caribbean cruise we had polio survivors from several states.

While in Florida we have attended support group meetings in Naples, where we heard a Neurologist speak and at Boca Raton, where a Pulmonologist spoke on breathing. Both presentations were very informative. Our Annual Board of Directors election will be coming in April. Please return your ballot promptly.

The Campaign for Better Care, led by the National Partnership for Women & Families and funded by The Atlantic Philanthropies, will launch in early 2010 as an unprecedented mobilization to press for improvements in health care delivery that older adults and their families urgently need. In support of the

Campaign, the National Partnership is seeking stories that illustrate the ways the current health care system is failing vulnerable older adults with multiple chronic health conditions and their family caregivers. For more information and to submit your own story, visit: National Partnership for Women and Families.

Although Professor Mike Kossove, Professor of Microbiology at Touro College School of Health Sciences New York, New York, was featured as a conference speaker, but had to cancel due to illness. His live presentation can now be heard at the Saturday April 24, 2010 meeting of The Southeast Michigan Post-Polio Support Group at The First Presbyterian Church of Troy 4328 Livernois, Troy, MI 48098 North of 17 Mile Rd. The meeting begins at 10:00 a.m.

We will be returning to Michigan early in March. We can be contacted using the e-mail address on the back page of this Polio Perspective.

\*\*\*\*



## IN MEMORY OF JANE EVANS

Jane Evans became a member of the Board of Directors of the Michigan Polio Network, Inc in 1992. Since then she has been an active member on the Michigan Polio Network, INC Board of Directors. We will miss her input on many of the answers to problems Polio Survivors faced during all the research done through the years.

Jane was a 1949 Polio Survivor, a Single Parent of three and a grandmother of six. She Worked full time as Production Administrator for Lovejoy Inc. Volunteer for Michigan Works committee to facilitate placement of people with disabilities in today's workforce. 4H Co-Coordinator of a 4H club for children with disabilities and canine partners.

She enjoyed traveling and finding new adventures and working on the Michigan Board with it's members.

Jane passed away after a long and suffering illness in October 2009.

The Michigan Polio Network will miss her.

Rest in Peace Jane.

# CRUISING

## THE CARIBBEAN

By Bruce E. Sachs, a BAPPG Five-Time Cruiser

As the Independence of the Seas docked at Fort Lauderdale on Saturday December 12, the 33 cruisers from the Boca Area Post Polio Group officially ended an outstanding 6 night cruise of the Western Caribbean. With stops at Belize City, Costa Maya, and Cozumel and 2 very enjoyable days at sea. The cruisers explored and shopped while in the port cities and enjoyed the many activities on board, which included live stage shows each night, trips to the casino, sunning on the decks, and almost endless food.

Many of the cruisers left the sunshine of Florida to return to winter in Michigan, Kansas, New Jersey, Connecticut and other places north, while a few snowbirds remained in Florida for the next few months. Although cruising may take more planning for travelers with a handicap, it is well worth the extra effort to travel with a group such as the Boca Area Post Polio Group. Plan to join the Boca Area Post Polio Group on November 22, 2010 as we set sail on RCCL Jewel of the Seas for an 11-night Panama/Western Caribbean Cruise

# HERE WE GO AGAIN!!!

Join BAPPG on our eighth trip – a fabulous 11-night cruise to the Panama Canal/Western Caribbean. Royal Caribbean's Jewel of the Seas will depart on Monday, November 22, 2010 from Port Everglades (Fort Lauderdale, FL) visiting Aruba, Costa Rica, Columbia, Panama & Grand Cayman.

Cabin rates start at \$1057.85 per person which includes all tax and port charges.

Ship is accessible (as seen by our eyes). Limited handicap cabins available.



Call Judith at 561-447-0750, 1-866-447-0750 or [judith@travelgroupint.com](mailto:judith@travelgroupint.com) & mention BAPPG. Twenty one raring-to-go people have already packed. A deposit will hold your stateroom. Don't miss out! Deposit fully refundable until 09/1/10.



*From the SECOND TIME AROUND January 2010 — Publication of Boca Area Post Polio Group, Boca Raton, FL*

# LIBRARY

## CORNER

Michigan Polio Collection Library  
c/o Laura Barbour, Librarian  
1156 Avon manor road  
Rochester Hills, MI 48307-5415



Our Michigan Polio Collection Library is proud and happy to be able to serve Post-Polio People everywhere in their quest for information about the late effects of polio. Our library offers books, periodicals, pamphlets, articles, video tapes, and audio cassettes, all pertaining to and Post Polio - Polio syndrome (PPS). We also have a Post-Polio information packet.

by Laura Barbour

Hello, everyone, and happy new year to you! I hope that, by the time you receive this edition of "Polio Perspectives", winter will be closer to turning into spring, with weather which lets us think that a much more pleasant season is on its way...ASAP!! This will be, of necessity, a rather short offering, as I'm also wearing one of my other hats, that of member of the MPN Board Election Committee. This year, rather than send ballots out under separate cover, we're going to try to include the ballots and the biographies in this issue. We ask you to familiarize yourself with the short "bios" of each candidate, mark your ballot, cut it out of this issue, tri-fold it and return it to the address noted on the ballot sheet. This way postage and paper will be saved, a move we hope you'll support wholeheartedly. **NEW OFFERINGS FROM THE LIBRARY COLLECTION** - These books are en route to my porch from Amazon.com. The first one is called *Seven Wheelchairs: A Life Beyond Polio*, and it's by Gary Presley. The Amazon.com review points out that Presley was stricken by polio when he was seventeen and trying to fit into a new life on a farm after growing up an "Army brat." Crippled by polio, he was also affected by depression and anger. The way he tells his story, fifty years later, "elicits sympathy...understanding and laughter." Book Number

Two carries the title *Twin Voices: A Memoir of Polio, the Forgotten Killer*. It's written by Janice Nichols. The reviewer at Amazon.com wrote that her "personal and professional life have been profoundly shaped" by polio, the disease which killed her twin brother, temporarily paralyzed her, and led to her career choice as a rehabilitation counselor. Some of us might label Book Number Three a comic book, but bookstores contain shelf after shelf of Graphic Novels nowadays. Well, this is a graphic biography, and it's aimed at the 9-12 year old age group. I thought it might be an interesting read for some of our grandchildren who might be curious about polio and the discovery of the vaccine. Written by Katherine E. Krohn, with illustrations by Al Milgrom, it shows that Jonas Salk "was a man who believed very strongly in what he was doing, going the extra mile to make sure that his work helped people, and freely giving away his discoveries for the good of all ("Through the Looking Glass Children's Book Review," 2/2007)." Already delivered to the Library is a new book by Daniel J. Wilson. It's from the "Biographies of Disease" series by Greenwood Press, and it's entitled *Polio*. In the Series Forward, Dr. Julie K. Silver wrote that all books in the set have in common the following: "...the authors tell the stories of the diseases that we have come to know and dread. The stories of these diseases have all of the components that make for great literature. There is incredible drama played out in real-life scenes from the past, present, and future. You'll read about how men and women of science stumbled trying to save the lives of those they aimed to protect. Turn the pages and you'll also learn about the amazing success of those who fought for health and won, often saving thousands of lives in the process....This is the biography of a disease, but it is also the story of real people who made incredible sacrifices to stop it in its tracks." If you'd like to borrow these or any of the other books in the MPN Library Collection, please contact me via phone(989-739-4065) or at [denilaur@sbcglobal.net](mailto:denilaur@sbcglobal.net).

READER REVIEW Barb Oniszczak reviewed the book *Walking Isn't Everything*, by Jean Denecke. Although

*Continued next page...*

LIBRARY CORNER continued...

Barb found that the accompanying appendix graphs and Warm Springs materials too small to read (I concur and, if I can find one, may include one of those nifty magnifier bookmarks for the next reader!), she liked the book itself. Barb wrote that "it's always enlightening to read a person's polio story," and that this one "was no exception." She also found the bibliography to be "impressive and comprehensive." Remember that you, too, can join the Book Review Crew! All you have to do is borrow a book from us, read it, and return it with your short comments. Until next time, Laura Barbour Librarian

\*\*\*\*\*

## POLIO IN RWANDA, AFRICA

By Don Nichols

People familiar with the charity work of Rotary International know that their project to vaccinate every child in the world against the scourge of polio will be complete in 2010. Their efforts have been hampered by misunderstanding about the virus and the vaccine, as well as dealing with countries in Africa and Asia who are led by leaders who don't encourage outside intervention.

With any issue, whether medical or socio-political, accurate information is the antidote, and access to the best research and data are keys to producing positive change. As polio survivors we should support any effort that promotes information gathering and dissemination.

Since retiring as a college professor two years ago I have been helping to raise funds to build the first public library in Rwanda, a small central African country that experienced one of the worst genocides in human history. In a period of 100 days in, 1994, almost a million people were killed; the atrocity was made visible in the award-winning film, "Hotel Rwanda." Details of what occurred were made real to my wife and I when we "adopted" a young man who survived, while losing most of his family, when he came to our college 5 years ago as a refugee. Following a 7-year absence, I took him back to Rwanda to see his mother and was introduced to the library project which is the main charity function of the Rotary Club of Kigali-Virunga in the capital. It's difficult to imagine that a country the size of Michigan with no library available to its

citizens but such is the case. Although the effort to raise funds has been going on for over 8 years, there is a continuing need for donations to finish the building and then provide books and supplies before opening to the community. Worldwide support has come from foundations, companies, and other countries and Rwanda's president, Paul Kagame, continues to endorse the fundraising.

So, why should members of the Network be interested in building a library in Africa? Just as our own polio library supply articles, books, and research documents in our attempt to publicize post-polio syndrome, so, too, is the need to educate people about the need for prevention and vaccination. Like too much of Africa, illiteracy is a huge problem that is being addressed by the World Health Organization and other agencies of the United Nations, the need for information-gathering and sharing is great. While Rwanda has a few libraries that serve university students, the completed facility in Kigali will attract the curious and educate the needy with a variety of programs and services. From this building will come mobile collections that will be taken to villages since transportation is rare and expensive to people living on limited budgets.

Research shows that people with good information will act in positive ways. Libraries provide avenues to better understanding, improve hygiene and nutrition, and, in the case of polio, disease and epidemic prevention. Facilities and services that Americans take for granted are rare commodities in Third World countries.

Last year I made a presentation to students at Davenport University in Livonia who created a website that gives details about the Library, the country, and ways that interested citizens can help. The website is: <http://nonprofit.davenport.edu/kigali/home.html> All donations to the Library are tax-deductible and donors will receive a receipt. Checks can be written to Rotary Club of Kigali-Virunga and sent to me at 26226 Valhalla Dr., Farmington Hills, MI 48331 (TO AVOID COMPLICATIONSWITH POSTAGE).

If you know organizations, clubs, or churches that would like a presentation on this charity, please let me know (248-474-5137)

# SUPPORT GROUPS AND INFORMATION CONTACTS

## ANN ARBOR (PPSG)

Liina Paasuke (734)332-1715  
Sunny Roller (734)971-1335  
Meetings 3rd Tues. of August and December.

## CLIO AREA POLIO SURVIVORS SUPPORT G.

c/o The Clio Area Senior Center  
2136 W. Vienna Rd.  
Clio, MI 48420 810-687-7260  
Meets third Friday of every month at 2PM

## HARTFORD, MICHIGAN - PPSG

Jeannie Wessendorf  
Support group meetings at Hartford Federated Church, Hartford Michigan for meeting times please call Jeannie at 269-621-2059 or email jeanniew@provide.net

## LANSING AREA SUPPORT GROUP

Bill Messeroll (517)641-6398  
Meet 1st Wed of Month (except July & January)

## MID-MICHIGAN (PPSG)

Jean Iutzi, Harrison, MI (989)539-3781  
Group info. 1-800-999-3199  
Meeting twice a year. June and Nov.

## NORTHEAST MI SUPPORTGROUP

meeting 3rd Wed from March to October at Alcona Library.  
M 72 Harrisville, MI  
Ruth Wisniewski (989)-354-4038

## SOUTHEAST MICHIGAN (PPSG)

Bonnie Levitan 313-885-7855  
co-facilitated by Bruce Sachs 586-465-3104  
Dianne Dych-Sachs 586-465-3104  
Bobbi Stevens 248-549-2149  
Meets 4th Sat. of the month  
March thru October 10am-Noon

## THUMJB AREA PP SUPPORT GROUP

Rita Wall (989) 673-3678  
Blue Water Center for Independent Living  
1184 Cleaver Rd Suite 1000  
Caro, MI  
Meets last Tuesday of each month 2:30pm

## WEST MICHIGAN PPSG

Jim Huttenga -Grandville (616)538-3472  
George Waddell-Comstock Park and North (616)785-9440  
Michael Balcerzak -Wyoming (616)531-1634  
Lynette Acosta -Grand Rapids/E (616)455-5748  
Scheduled meetings: Apr, June, Sept, Nov  
For time/place email:bigsteelhead@earthlink.net

\*\*\*\*\*

## INFORMATION CONTACTS

### MICHIGAN POLIO COLLECTION LIBRARY

% Laura Barbour  
1156 Avon Manor Road  
Rochester Hills, MI 48307-5415  
Phone 989-739-4065

### FRED MAYNARD, MD

UP Rehab Medicine Assoc PC  
580 W College Ave, Marquette, MI 49855  
Phone 906-225-3914  
fmaynard@penmed.com

### Post-Polio Health International (PHI)

4207 Lindell Blvd #110,  
Saint Louis, Missouri 63108  
FAX (314)534-5070 Phone (314)534-0475  
info@post-polio.org www.post-polio.org

# Mr and Mrs Polio 1950

By Rose Marie Reid

My Polio saga began July, 1950. It was a busy time for my husband, Harry and I. I was working as a secretary for the manager of the personnel department of the Central Office division of General Motors Corp. We celebrated our first wedding anniversary June 23 and then on July fourth we took a ride to Leamington, Ontario with some friends. We celebrated my 24th birthday July 13, and went out to dinner several times. It was a good life until disaster struck. It was the last week in July when I left work early because I wasn't feeling well. I was feeling really bad and didn't want to be alone. I went to my parents' home where my husband met me after his work day was over.

After a few days I definitely was not feeling any better. We called the doctor and believe it or not, he made a house call and suspected POLIO was causing my problem. In those days at age 24 you didn't think Polio. That's a childhood disease! The doctor called an ambulance and sent me to Harper Hospital where I was admitted. A spinal tap was done and YES, it was Polio. The next day it was ascertained I needed an Iron Lung and I was transferred to Herman Kiefer Hospital communicable disease section. I do not remember too much about the next few days.

When I got through those days I was in the iron lung, wrapped in hot packs and on a daily physical therapy treatment schedule. When I arrived at Kiefer I was in very bad shape. I could not do anything – inside or out. Actually, I could only move my right hand and my head and neck. I never realized how bad I was because when I got past those hazy days I already began to regain some strength. I later learned the day I was moved to Kiefer my husband had some personal items of mine and the doctors told him not to bother leaving them since they didn't think I would make it through the night. It's now the year 2010 and I'm still around. I feel it is due to my strong faith, a lot of prayers, St. Jude, hard work, a very supportive family, hot packs, physical therapy and good care beginning with my time at Kiefer and McGregor Convalescent Home.

During my second week in Kiefer my husband was not feeling well and told our doctor he had Polio, but the doctor told him he had ononucleosis.

Harry insisted the doctor do a spinal tap and YES, HE DID HAVE POLIO. Now we are both in Herman Kiefer Hospital, but not in the same room. We were told that was not allowed. Fortunately, he was not affected as badly as I was. Even though his legs were

weakened he was still able to walk a short distance. After two weeks in the hospital he signed himself out and went to his parents' home. Of course this was done against the better judgment of the doctors and me. He felt with our unplanned departure there were too many things left undone; such as taking care of our apartment, furniture, car, hospital insurance, mail and so on. After almost a month of rest and relaxation he went back to work part time. He was in sales and his schedule was quite flexible and he had a very considerate boss. Even though he had some weakness in one leg he had a good recovery. It was about that same time the doctors began opening the respirator to see if I was able to breathe by myself. They began leaving it open for just a few minutes and gradually increased the time. The hot packs and therapy continued and I was making progress. It was slow, but it was progress. By Thanksgiving Day I was able to stay out of the iron lung all day long and I was allowed to go home for the day. I wasn't able to do anything but sit and eat, but it was most pleasant to be in different surroundings. Then back to the hospital and the same routine. I was completely free of the respirator by Christmas and went home for a few days. I was able to walk with crutches a little, but for the most part I used a wheelchair. It was a grand holiday!

I was alive and getting stronger and surrounded by the people who were most important to me and whom I dearly loved. After the holiday I returned to Kiefer and more therapy. I stayed there for a few more weeks and when I became more proficient with crutches I was transferred to McGregor Convalescent Home. Since I could not go directly home, this was a good place to be. It was located on Jefferson Avenue across from Belle Isle. It was a pleasant place with very nice grounds and furnishings, and an experienced, friendly and considerate staff. Residents (patients) dressed in regular clothing. No more hospital gowns. Meals were served in the dining room and visitors were welcomed all day. The physical and occupational therapists were very good. Some days I had physical therapy twice and they were very thorough workouts. In the spring of 1951 the orthopedic doctor began talking about the possibility of me going home soon. I was far from being completely independent, but I was able to get around pretty good with crutches and only occasionally used the wheelchair. Since I was left with extensive weakness throughout my whole body and we knew I would be unable to take care of a home by myself, my husband and I planned

*Continued next page...*

Rose Marie Reid Polio Story *continued...*  
to move in with my parents when that day arrived. Prior to my release the physical therapist taught my mother how to do all my exercises. We also set up an exercise table, complete with pulleys and weights. Finally the big day arrived. May 30 1952. Free at last! Well, not really. For the next 3 or 4 months I went to McGregor's twice a week for physical therapy; then for four months I went once a week. My Mother did the other days of the week. After I was completely discharged from McGregors we continued doing the exercises for several months. Soon after the beginning of the year, 1954, we bought our first home soon I was beginning to get around without a wheel chair or crutches and able to take care of my home. I was actually happy to do the house work - cleaning, washing, ironing, cooking and so on. I couldn't run, skip or jump and I had to do stairs one at a time, but life was good and it even got better. My son was born July, 1955. Following that was a period of trial and error for me. My left arm was very weak so handling a baby was quite a challenge. I just did whatever had to be done any way I could. When my daughter was born in 1960 things went a lot better, since I now had some child care experience.

At sometime in the 1980's I began using one crutch again. That did not keep me from falling, but it kept me somewhat safer. It made other people aware that I had a problem. Several years later I gave the crutch up and began using a four wheel walker. Now I constantly use my walker in the house and the wheelchair when I go out. Over the years I had a lot of falls even when I use my walking aids. Most of them resulted in small cuts or bruises, a lot of aches and a badly bruised ego. I was fortunate I never broke any bones until I took a bad fall in 2004 and broke my neck. That episode led to a two week stay in the hospital and three months at a re-hab center. It also left me with a stiff neck, but luckily no further paralysis. Last year, 2009. I had what I considered an easy fall, but broke a small bone in my ankle. This necessitated wearing a cast for about a month and an orthopedic boot for three months. I also wear a leg brace now. Post Polio Syndrome has not been kind. Despite all, I have had a very good life. After my husband died in 2001, my daughter, her husband and two sons, knowing I was unable to maintain a home by myself invited me to share their home. My good fortune continued. I sold my home and moved in with my daughter and her family. This is the very best assisted living place in the country. ☺

## HOWARD FUGERE POLIO STORY

Ludington, MI

I was a country boy and always physically active. I hunted and ran a long trapline using skis. Getting to school in my teens, before bus service, meant hitchhiking 7 miles into town.

Fast forward to 1949. Polio was in Mason County. I was 21, a father, veteran, and home owner. I had a good job. That was the year I contracted the virus. There are times in life when you know something without being told. That morning as I got up for work, my wife and I just knew it.

I was sent to quarantine at Blodgett in Grand Rapids. It was several weeks before my wife could visit. Making that 90 mile trip, in those times, was difficult to arrange and a full day's commitment. While recovering I did get 2 other visitors, but they had to speak to me through an exterior window. I remained in the hospital for 2 1/2 months.

The disease was devastating to both body and mind. The ward was a grim place to live; full of pain and helplessness. I became friends with a 16 year old farm boy in an iron lung. I would talk to him when the staff worked on his body. Distracting him for even a moment was the only thing that I could do to help. I spent hours with Donnie C. Eventually he was able to leave the lung for short trips home. During the last visit, he didn't make it back to the hospital in time. I still think of him.

Before release the doctor told me that I was to be fitted for braces. I was using crutches at that time. From his professional perspective it was the wisest recommendation. I refused. My goal was to walk again, unaided. He gave me until my next checkup to make a difference. He also bluntly gave me no hope. After returning home, with the help of my wife and nearly scalding tub water I began my own form of physical therapy. I used my anger and determination to work through the excruciating pain of those baths. I walked into the doctor's room using a cane. As I approached his desk, I put that cane down and shuffled a few steps. He was amazed.

Perhaps because I had been physically fit, in time, I made it back. I returned to my job 2 years later, still needing crutches for awhile. I taught my daughters to swim and ride their bikes. I continued to live with the affects caused by the disease. It wasn't always easy, but I was determined to stay out of the braces. My life was good until post-polio set in. I've lived with that condition for 25 years now. It has slowly robbed me of the things that I like to do. Balance, strength, stamina, breathing, immunity and more are all affected. Like those of you reading this, I struggle to be as independent as possible. Some days are better than others. The winter is the worst. You may be wondering about those braces. Perhaps I'm just stubborn, but I'm 82, walking, and still brace free. WRITTEN in dedication to Donnie C. ☺

# SHARON BORGMAN

## POLIO STORY

Polio...such mixed feelings ... growing up, I thought my limitations were somewhat of a nuisance. Now, the changes have become more concerning regarding the future. I knew I couldn't run at 12, not fast anyway; now walking to the back of Meijer's for milk is a challenge! My story began in September of 1950, I was 4 years old. I remember the pain as my Mom and Dad prepared me for the ambulance ride from rural Pullman to Blodgett Hospital in Grand Rapids. My Mom knew it was polio. We'd been to the lake recently [that's where they thought the virus came from]; and the epidemic had begun. There were 3 Others in our community sickened also. I was at Blodgett a few weeks under quarantine, than transferred to Mary Free Bed for 8 months. I remember missing my family horribly, as they could only visit on Sunday's and my brother only if we were in the BIG room. The large hospital ward had many beds; I would often climb in with my friend to play. She was more paralyzed than I, only my right leg and back were affected.

Hot packs were a popular treatment that I vaguely recall. Family and friends were very supportive, I cherished a large scrapbook of cards for years. My only brother was so excited to have me come home in June of '51, that he kept calling everyone on his play phone exclaiming "Harry's coming home"-he couldn't say his s's yet. Crutches were part of Kgd. and my Mom did passive strengthening exercises on a table made by Dad.

March of Dimes was a godsend, helping while I was hospitalized and then with the many surgeries I would have. These included muscle transplants, triple arthrodesis, and knee stapling, all occurring during my grade school years. I had a crush on Dr. Alfred Swanson, a surgical resident; other doctors were Hotchkiss and Franz. I also had a great toe fusion; that wire and the knee staples were removed at the age of 13. These facts were obtained from medical records I was able to get in 1999-the records from my stay in 1950 had been destroyed. So, through the years, a lot of time was given to appointments, therapy and trips to Grand Rapids. I remember just being a normal kid and trying everything possible through those years.

A fond memory was of my Dad carrying me up and

down the stairs to my room after all the surgeries. Gratefulness and thankfulness for my parent's hard work and vigilance have always been in my heart. I feel the surgeries have been effective, as socially, I did dress modeling for 4-H, dancing, horseback riding, dating, even skating. A friend in the community was totally paralyzed, in an iron lung and died as a young married woman; also a classmate died in his 50's---so I have been blessed. Due to my hospital experiences, I had always wanted to be a nurse. I graduated high school, than completed RN training at Butterworth Hospital School of Nursing in 1967. Larry captured my heart and we married in 1966, had 4 children and now 6 grandchildren-I have led a very active life, working and being involved in church and the kids schools. In 1988, I started tripping and was fitted for an AFO brace; and was diagnosed with post polio. I just recently retired due to a herniated disc and 4th nerve pain in my polio leg. About 2 years ago, I tore the meniscus in my good knee, adding to the pain and stiffness. Being a pediatric office nurse and being on my feet 8-9 hours a day, I was having more numbness and weakness due to the nerve irritation. The decision was made to retire to preserve what mobility I have. Stairs have become harder in the last 5 years; I can no longer go up without a handrail and pulling myself up. My cane has become my friend for walks of any length. I retired earlier than I planned and have been concerned about being able to travel and keep up with Larry-we have always liked to walk the beach, fish, and sightsee. He has been supportive, encouraging me to get the brace in 1988 and to have a post-polio evaluation at St. John's in 2005. The brace has made me more self-conscious than I ever was as a child, but he always encouraged me to be me and not worry about the looks I get. My "little leg and foot" have just been a part of my life and I praise the Lord that I have been able to be so active. My grandchildren are a joy and I think they understand why Grandma can't get on the floor and play anymore; they even help me with the yard work. My life has been easier than a lot of polio survivors; I pray that I can continue to age gracefully.

Blessings to all, Sharon Borgman ☺  
Belding, MI 11-10-09

# **MPN BOARD OF DIRECTORS CANDIDATE BIOGRAPHIES**

**TIMOTHY BROWN** is a survivor of paralytic polio since 1953. He recently retired after forty years, working for three companies in various executive management positions. Tim has been a member of the Network for many years, and he and his wife have enjoyed attending the Southeast Michigan Post-Polio Support Group's meetings and other functions. Tim would be pleased to contribute his efforts to MPN as a member of its Board of Directors.

**CARL FENNER** is a polio survivor who retired in 1991 and joined the MPN Board in 1992. Living in Burton, Michigan, Carl has volunteered at the Disability Network in Flint. He has also worked closely with the Mass Transportation Authority in Flint and Genessee County, making transportation more user-friendly, especially for disabled and senior residents. Carl also works part-time at the Flint Auto Auction.

**JEREMY JAWORSKI** was appointed to the Board in 2009, Jeremy is an orthotist who has worked at the Post-Polio Clinic in Warren. He is now employed by Wright-Filippis in Novi. Jeremy was our Vendor Chairman for the one day conference "Polio Then And Now" 2009 at the Costick Center Farmington, MI.

**RICK KUGEL** board member from 1993 to 2006, as Treasurer from 1994 to 2002. Currently Assistant Treasurer of the network. Retired from General Motors Audit Staff in 1998, currently working as a consultant for Bartech at General Motors. Currently living in Shelby Twp. with wife Sharon. Have six grandchildren. Rick did not have Polio.

**PAULA LEMIEUX** is a retired Registered Nurse who had polio in 1952. She served on the MPN Board during the 1980s, and rejoined it in 2008. Paula was very active in planning and presenting the latest MPN Conference last October in Farmington Hills, and she continues to advocate for people with disabilities.

**BRUCE SACHS** had polio in 1940 and joined the Network in 2003. Retiring after a forty-two year career as a teacher, Bruce has worked as one of the facilitators of the Southeast Michigan Post-Polio Support Group, as a Network representative on the Chronic Illness Coalition, as a greeter at the St. John Post-Polio Clinic in Warren, and as Chairperson of the Michigan Polio Network. Since being elected to the Board, Bruce has attended International Post-Polio Conferences in St. Louis, Miami, and Warm Springs. He has also participated in the four annual Bay Cliff Health Camp's Wellness Retreats. He believes that with his background and interest in Post-Polio, he'd be a positive influence as a member of the MPN Board of Directors.

**TAMARA L. TREANORE, C.O.** Graduated: Wayne State Univ. 1988-B.S. in Biology/Psychology followed by Orthotics Program at Northwestern Medical School in Chicago. Completed residency through Becker Orthopedics with American Board Certification in 1992. Worked for Becker Orthopedic for 8 years, focusing on scoliosis, trauma care, diabetes, and lower extremity bracing-including Polio, M.S., C.P., Spina Bifida and T.B.I. Joined Wright and Filippis in 2000-Crooks Rd. and Rehb/D.M.C.-trauma, pediatric bracing- shaping helmets, rehabilitation, diabetic bracing protocol, and again, lower extremity bracing. Transferred to Warren Office in 2004 with continued work in pediatric and rehabilitation but also covering the Polio Clinic when needed and following polio patients from the Clinic in the Warren Office. Joined Dr. Dan Ryan in April of 2007 to open the affiliated office of Complete Orthotics

# MICHIGAN POLIO NETWORK, INC., BOARD OF DIRECTORS

## 2010 OFFICIAL ELECTION BALLOT

You may vote for a total of ten(10) persons, including any write-ins which you may add below the ballot. Please provide the required information for any write-in candidates, as well as a brief biography stating your/his/her intentions and interest. Place this on a separate sheet of paper and place it inside the ballot envelope (you will need to tape the sides of the fold-up envelope).

The ANNUAL MEETING of the Michigan Polio Network, Inc., will be held on Saturday, May 15th, 2010 at Tony M's Restaurant in Lansing, Michigan at 12 P.M. We encourage all Interested in the future of the Network to attend.

**THE NOMINEES ARE:**

- Timothy Brown (PS)    \_\_\_ Yes**
- Jeremy Jaworski \*    \_\_\_ Yes**
- Paula Lemieux \*(PS)    \_\_\_ Yes**
- Tamara L. Treanore    \_\_\_ Yes**
- Carl Fenner \*(PS)    \_\_\_ Yes**
- Rick Kugel \*    \_\_\_ Yes**
- Bruce Sachs \*(PS)    \_\_\_ Yes**

\*= Incumbent

(PS)= Polio Survivor

**WRITE-IN CANDIDATES:**

1)Name \_\_\_\_\_(PS?)Y/N  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_

2)Name \_\_\_\_\_(PS?)Y/N  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_

3)Name \_\_\_\_\_(PS?)Y/N  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_

**Please mark your ballot and remove the page from your copy of "Polio Perspectives." Turn the page over, write your return address in the appropriate place, fold the page in thirds according to the lines, tape the newly-made "envelope" closed, put a stamp in the upper right corner, and mail the ballot.**

**It must be postmarked by MARCH 31, 2010 to be counted.**

---

From:

Place  
stamp  
here

MICHIGAN POLIO NETWORK, INC  
1156 AVON MANOR ROAD  
ROCHESTER HILLS, MI 48307-5415

---

# POLIO SURVIVORS SHARING

This is a one-on-one e-mail list so you can mail only to the selected name; an e-mail list of Polio Survivors who wish to communicate with other Polio Survivors and discuss your concerns, ideas, fun, jokes, as well as sharing information of what is happening to each other. I would like your permission to add you on this list. Please email to vlhazel38@comcast.net to get on the list! Also include your city and state. Happy Sharing!!  
Vera Hazel, Editor

-----  
**LAURELHAY@SBCGLOBAL.NET - Laurel**  
Escanaba, MI
**BTOleksa@aol.com - Bernie**  
Rochester Hills, MI
**vallen2@comcast.net-Velma**  
Muskegon, MI
**hnjutzi2@ejourney.com- Jean**  
Harrison, MI
**grossjir@voyager.net - Janice**  
Lansing, MI
**rick\_kugel@hotmail.com - Rick**  
Rochester Hills, MI
**sharon\_kugel@hotmail.com - Sharon**  
Rochester Hills, MI
**gramma44@hotmail.com - Linda**  
Farwell, MI
**jpasich@sbcglobal.net - Judy**  
Ann Arbor, MI
**vandar@sbcglobal.net- Darlene**  
Middleville, MI
**pigger\_38@yahoo.com - Bonnie**  
Grosse Pointe, MI
**Patsyanne@aol.com - Pat**  
Allen Park, MI
**Dreamspinner44@aol.com -Phyllis**  
Niles, MI
**ronmagnuson@comcast.net - Ron**  
Warren, MI
**rileyjlb@comcast.net - Judy**  
Dearborn Heights, MI
**cairnview@comcast.net - Ean**  
Dearborn Heights, MI

**j.booth@comcast.net -John C. Boot**  
Grand Rapids, MI
**lindagrimley@sbcglobal.net Linda**  
Jackson, MI
**ineer9298@wowway.com - Lawrence**  
Sterling Heights, MI
**virginiahenry@ameritech.net- Virginia**  
St. Clair Shores, MI
**wwmessenger@aol.com - William**  
Lansing, MI
**JPO6295@aol.com - John**  
Kalamazoo, MI
**mleveemiller@verizon.net - Marilyn**  
St. Johns, MI
**Tmartin458 - Theron**  
Battle Creek, MI
**leberghoef@sbcglobal.net -Leonard**  
Jenison, MI
**v1ctorious@sbcglobal.net - Vicki**  
Waterford, MI
**GLacagoo@aol.com - Laura**  
Fraser, MI
**LindaLRobb@aol.com - Linda**  
Kalamazoo, MI
**jodell@netonecom.net - Jim**  
Marion, MI
**besachs@sbcglobal.net- Bruce**  
Livonia, MI
**BarbBasirico@cs.com - Barbara**  
Macomb, MI
**turtles@voyager.net - Sue (TurtleLady)**  
Monroe, MI
**maryk1660@aol.com - Mary**  
Muskegon, MI
**Anniefred2001@yahoo.com - Pat**  
Okemos, MI
**sithast@voyager.net - Sandra**  
Hastings, MI
**bstevens1975@yahoo.com - Bobbi**  
Royal Oak, MI
**KRBWAY@aol.com - Ken**  
Hart, MI

*Continued next page...*

**SURVIORS SHARING *continued...***  
**sharonf@btc-bci.com - Sharon**  
 South Haven, MI  
**fabo48@hotmail.com -Fran**  
 Quincy, MI  
**LLBUTLER149@MSN.COM -Linda Butler**  
 Dearborn Heights MI  
**thadandshei@juno.com - Ted**  
 Auburn Hills MI  
**frances43@juno.com Lorraine**  
 Fraser, MI  
**jmc65@ncats.net - Michael**  
 Fremont MI  
**mrsrogers@chartermi.net - Sharon**  
 Fenton, MI  
**boborsarah@juno.com - Bob**  
 Clarkson, MI  
**virginiafinkbeiner@yahoo.com - Virginia**  
 North Branch, MI  
**itopor@aol.com - Iris**  
 Farmington Hills, MI  
**jackofwb@juno.com - Jack**  
 W. Bloomfield, MI  
**jeanniew@provide.net - Jeannie**  
 Hartford, MI  
**r1obin@localnet.com**  
 Clare MI  
**dmrydzon@aol.com - Debbie**  
 Chelsea MI  
**abufflogal@yahoo.com- Barbara**  
 Rochester Hills, MI  
**dausterberry@sbcglobal.net- Doris**  
 Farmington Hills, MI  
**AlanLoisS@aol.com - Alan**  
 Plymouth, MI  
**gdr1237@hotmail.com - Gordon**  
 Decatur, MI  
**JoanMcCarthy@sbcglobal.net - Joan**  
 Grand Haven, MI  
**jackofwb@juno.com - Jack**  
 W. Bloomfield, MI  
**denny@power-net.net - Dennis**  
 Chesaning, MI  
**cndchurch@lakeshore.net (summer)**

**cndchurch@gl3c.com (winter) - Charles**  
 Pentwater, MI  
**gpjay@toast.net - Pat**  
 Six Lakes, MI  
**jhuck@att.net - Jerry**  
 Selby Twp,MI  
**jandj316@aol.com - Jennifer**  
 Livonia, MI  
**wini@manoian.net -Wini**  
 Livonia, MI  
**rconnectus45@yahoo.com - Richard**  
 Manistee, MI  
**PRISCSMTH@aol.com - PAT**  
 Livonia, MI  
**Kathi644D@aol.com -Kathe**  
 Shelby Township, MI  
**suzee5@juno.com -Ellen**  
 Ortonville,MI  
**kwoodbeck@twmi.rr.com -Kaye**  
 Redford , MI  
**rktheloveline@aol.com Ruth**  
 Rockford, MI  
**ehbucsek46@yahoo.com Elizabeth**  
 Romeo, MI  
**RLloreJ@aol.com -Ramón**  
 South Haven, MI  
**tryry@comcast.net -Mary C Riley**  
 Waterford, MI  
**steve@vear.com -Stephen**  
 Hillsdale, MI  
**hrkolde@comcast.net - Rowena**  
 Bloomfield Hills, MI  
**cheryl\_obannion@hotmail.com - Cheryl**  
 Phoenix, AZ  
**dworthy@usamedia.tv- Douglas**  
 Grass Valley, CA  
**lkfrisco@msn.com - Lee**  
 Santa Maria, CA  
**daaog@home.com - Anne**  
 Southern California  
**decopainter1998@yahoo.com - Jeannie**  
 Roseville, CA  
**eddy7@peoplepc.com - Edward**  
 American Canyon, CA  
*Continued next page...*

**SURVIVORS SHARING** *continued...*

PPSBIB7@aol.com - Bonnie

Half Moon Bay, CA

Ellaroy@aol.com - Ellie

Colorado Springs CO

johnandsue6563@yahoo.com - John

Evart, MI

tpbrown@frontiernet.net - Tim

Grosse Pointe Woods, MI

jjscg123@adelphia.net - Jane

Chickasaw, Ohio

bashley1@cfl.rr.com - Burnett

Bushnell, FL

cmerrill@cfl.rr.com - Chuck

St. Cloud , FL

deniswahl@comcast.net - Dennis

Sanibel Island, FL

charlesgruner@att.net -Charles

Coldwater, MI and Pharr, TX

JSGrady@aol.com - Jerry

Fort Wayne, IN

beckie44@juno.com - Beckie

Indianapolis, IN

JohnandKeriG@yahoo.com - Keri

TENN

wctubandt@aol.com - Walter

Woodinville, WA

Bobuschi@msn.com -Ursula

Olympia, WA

ppseng@aol.com - Dr Richard Bruno

Englewood, NJ

susanvrm@clear.net.nz - Susan Kerr

New Zealand

**MICHIGAN POLIO NETWORK, INC.**  
**MEMBERSHIP FORM**

*The Michigan Polio Network, Inc. is a tax exempt non-profit organization with 501 (c) (3) status. Your contribution is tax deductible as allowed by law. Membership includes our newsletter Polio Perspectives. To join it is not necessary to be a resident of Michigan or be a Polio Survivor.*

**PRINT:**  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_

Are you a Polio survivor? ( ) Yes ( ) No  
E-mail Address \_\_\_\_\_

**MEMBERSHIP FEE ONE YEAR \_\_\_\_\_ \$15.00**  
**MEMBERSHIP FEE FIVE YEARS \_\_\_\_\_ \$65.00**  
**LIFE MEMBERSHIP FEE \_\_\_\_\_ \$150.00**

I wish to make a contribution to support the work of the Michigan Polio Network, Inc.  
\$ \_\_\_\_\_

Make check payable to :  
**MICHIGAN POLIO NETWORK, INC.**  
AND mail to:  
**MICHIGAN POLIO NETWORK, INC.**  
1156 Avon Manor Rd  
Rochester Hills, MI 48307-5415

**The Post-Polio Clinic**  
**Center for Physical Medicine**  
**and Rehabilitation**  
**13850 East 12 Mile Road**  
**Warren, MI 48088**  
**Phone (586 778-4505**

# Barbara Anne Oniszcak

## Polio Story

Polio Survivor 1949 Age 2.5 Buffalo, NY

My experience with polio seems different from those who hailed from Michigan. After several days of fever, pain and fatigue I was taken to the Buffalo Children's Hospital for a spinal tap. The diagnosis showed I had polio but it was not in the "active" stage so I was told to be taken home. During the next few months I was given the following treatment as expressed by the hospital physician: keep her comfortable, don't allow stress and hope for the best.

My mom gave me regular stretching exercises to loosen up the tightness in my legs and my grandmother gave me daily warm baths. I wore orthopedic shoes most of my school life. They were the brown and white or black and white saddle shoes. I was always scrutinized by my family to make sure that I had no relapse of fever, pain or fatigue and well into my teen years, pretty much what I said or wanted to do I did. I was allowed to "boss" my family around, they giving in to my every request and expectation. This kept me quiet and happy and very spoiled. (I don't think the doctors meant that the spoiling should last so long.)

I did not suffer many after effects of polio except a limp when I walked while fatigued and an atrophied right leg. While in high school my mother heard about a successful but experimental surgery that could help me control my limping. I had a tendon transfer in the right foot. The outcome was not favorable. March of Dimes would not pay for the surgery, which my family could not afford, because I was never officially diagnosed with polio. In my early twenties I had neuromas removed from my right foot and bracing was used for the first time. I wore a spring type brace that was permanently affixed to my right shoe but after many trials and adjustments, it was thrown away and I never wore braces after that initial trial run. (1972)

It was determined by my family at an early age that I should not partake in ballet, dance or any activity that consisted of longstanding, complete

exhaustion, etc. I never did ballet, but I did dance and was notoriously famous for dancing the night away with any man who showed an interest and knowledge of dancing on any floor. Hence, my ability to glide to a waltz, cha-cha, rhumba, or "dancing with the stars" style ensued well into my late 30's. It was here that I first noticed that I was having difficulty walking off the dance floor after the music stopped. Was this the first signs of PPS? I am the mother of two boys and married to the most wonderful caregiver of 31 years. Ron saw no limits to my living a full life until post polio set in, in 1996. It was as if the rug had been pulled out from under me. My life whirled, spiraled downward and I was no longer "in control" any longer. When fatigue, pain and weakness wrote my life, I spent a lot of time with physicians who could not even conger up any reasonable explanation for my physical changes. A psychiatrist concluded that I had "post polio syndrome" and assured me that I could control my life and that mentally I needed a shift change in what I believed was important in my life.

It took me years of research as the Michigan Polio Network librarian and hours of talking to other polio survivors to know that what was going on in my body was also going on in others who had thought they had conquered a horrific disease in their early years. ☺

---

### \$2.99 BREAKFAST

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said. 'But I don't want the eggs.'

'Then, I'll have to charge you three dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked, incredulously..

'YES!!' stated the waitress.

'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!!**

**WE'VE been around the block more than once!**

---

# COMING DOWN FROM THE MOUNTAIN

## Bruce E. Sachs Class of '40

I first started to climb the mountain in August 1940 when as a 13 month old boy I became stricken with polio. My family lived in Baraga, a small town about 75 miles from the only major hospital in the Upper Peninsula., which was in Marquette, Michigan. Being the youngest of 3 children, my parents were unable to stay in the area and were only able to visit me infrequently. I do remember hearing later that when my mother came to visit I called her Mrs. Sachs, but when my dad came to visit I called him Dad. I really didn't know family love until I was about 2 years old. The hospital had numerous polio patients that summer, with many of us being confined to iron lungs. I was confined to an iron lung constructed from an oil drum. After spending about 9 months in the hospital, I continued my climb up the mountain by learning to walk. With my right leg shorter than my left and both arms affected, I learned to walk with the aid of a built up shoe and a long leg brace. Although I was allowed to go home my parents spent countless hours with my therapy. As I grew older I detected that my brother resented the attention I received, but my sister became my supporter and helper. For the next few years I continued my climb up the mountain by trying to be normal. I grew up in a small town with no handicapped education classes, therefore I was encouraged to do everything the other children did. I played baseball, went fishing, walked with my dog and tried to be as good as I could at everything. My dad taught me all the outdoor activities and my parents encouraged me to do whatever I could, with few restrictions. Between the ages of 10 - 14 I returned to the hospital each summer for surgery on my right leg and left arm. Usually these stays consisted of 6 - 8 weeks of recovery and therapy.

Again my parents came to visit on an infrequent basis. Although the surgeries were of minimal help, I was able to discard my leg brace and continued to climb up the mountain. My parents moved to

Wakefield, Michigan, another small town, before I started 8th grade. As with my previous school there were no handicapped education classes, so I continued in the general education classes. In high school I was unable to participate in sports, so I became involved in activities that did not require physical strength. One such activity was the Future Teachers of America Club, which lead to my life's work as a school teacher. Several of my teachers encouraged me to become a teacher and my brother, who graduated from college my senior year, introduced me to several of his friends that were becoming elementary teachers. After high school I again found myself in Marquette, but this time I was a student at Northern Michigan University. Along with my studies I was a 4 year member of Alpha Phi Omega, a National Service Fraternity, where I received an Outstanding Member Award my senior year. I also worked as an Assistant Boy Scout Master with a local troop. After finishing college with an Elementary Teaching Certificate and a Masters Degree in Educational Leadership, I continued my climb. I moved to the Detroit area and worked in a small suburban district for 3 years before moving to Livonia. In Livonia, along with my teaching duties I became active in the Livonia Education Association, the teachers union, serving as a building representative and as a member of the Board of Directors. During most of my 39 years in Livonia I was the building math representative. I also helped write an elementary individualized math program, served on several math textbook selection committees and helped write the district elementary math objectives several times. Throughout my career I have served as a mentor for numerous pre-student teachers, student teachers and beginning teachers. I also was the "teacher on charge" when the principal was out of the building. This climb continued until about 5 years ago, which was about 58 years after I had polio. At this time I experienced sudden weakness in my right arm, which was my good arm. I continued to work, but for the first time in my life I had to ask for help from my colleagues. Although there were no formal accommodations

*Continued next page ...*

## **Bruce E. Sachs Story *continued...***

made for me I did move my parking place closer to the building and the staff started helping me with a variety of daily activities. I had always been independent and although the help was appreciated I had to learn to adjust to my new condition. I had to start to “Come Down From the Mountain”.

During the last 5 years I continued to descend the mountain. This June I retired from teaching and now I am trying to follow the post polio precept “conserve to preserve”. I have changed my focus from putting teaching first to putting my well being first. I have much less stress and I am using my energy to continue my daily activities.

Being a true “type A” person, it has not been easy coming down from the mountain. I can only hope that I have reached a plateau and can continue to help those around me. I have joined a retired school personnel group to continue my interest and support of education and recently have become a greeter at the St. John Post Polio Clinic.

I also am continuing my education on how to live with Post Polio. Published in the “POLIO PERSPECTIVES”, FALL 2003. THE QUARTERLY NEWSLETTER OF THE MICHIGAN POLIO NETWORK EPILOGUE--2009

Since my retirement, in June 2003, I have continued to be a greeter at the Post-Polio Clinic in Warren, Michigan, A co-facilitator of the Southeast Michigan Post-Polio Support Group, and now serve as Chairman of the Michigan Polio Network. My wife, also a polio survivor, and I have participated, the last four Septembers, in the “Post-Polio Wellness Retreats” At Bay Cliff Health Camp, Big Bay, Michigan. We have also attended several International Post-Polio Conferences. Although post-polio syndrome had continued to affect my physical well being I continue to slowly “Come Down From The Mountain”. ☺

---

## **LETTERS**

For all you avid readers within our membership, I suggest a new list of books to consider reading. I found these books were very comprehensive, covering all aspects of polio, Post-Polio and vaccine. The photos were numerous, classics as well as some not commonly found in typical books.

In the teen book section of my library was a novel called “The Winter War” by William Durbin. The story is one of a polio boy running errands during World War II.

The youth section (middle school grades) had the most to choose from. The biographies were:

- “Jonas Salk conquering Polio” by Stephanie Sammartino McPherson
- “Jonas Salk Polio Pioneer” by Corinne J. Naden and Rose Blue
- “Jonas Salk Creator of the Polio Vaccine” by Salvatore Tocci
- “Polio Epidemics Deadly Diseases Throughout History” by Allison Stark Draper
- “Polio” by Alan Hecht (in our MPN Library Collection)
- “Epidemic! The Battle Against Polio” by Stephanie True Peters

Finally, in the children’s section of the library was “Dancing With Katya” by Dori Chacanos.

Check these books out from your local library. There are audio books and e-books as well. I’m sure you can find more titles than the ones listed above.’

*-Barbara Oniszcak*

# My Polio Story

## By Dianne Dych-Sachs

It was the summer of 1952. There was a large outbreak of polio that summer. There were three children in our family. We lived in the Detroit area. My brother was 2 years old and had a bad cold two weeks before my twin sister and I were stricken with polio at 13 months of age. My mother noticed that I would cry when she changed my diaper. This persisted along with crankiness. My parents took me to doctor's who recommended immediate hospitalization at Children's Hospital in Detroit where the polio virus was confirmed. The doctors asked if there were any siblings at home. My sister was confirmed on a later date to have contracted a lighter case of polio. My mother is a very strong woman, but she did cry when the doctor told her that her baby had polio and that I would have to stay at the hospital. Later, I was transferred to Farmington's Children's Rehabilitation Hospital and given the Sister Kenny treatments. Being an infant, the nurse's restricted movement by strapping me down with a cotton like strap around my waist, tied to the crib. Mom and Dad could not visit very often because of caring for my brother and sister and Dad worked six days a week. However, my mother would call and remembers the nurse's commenting on me being a good baby. Because I was so young when contracting polio, I have no memories of my hospitalizations. We were very fortunate the March of Dimes took care of all our medical bills. After being released from the Rehabilitation Hospital, a physical therapist visited the house on a weekly basis. Debby and I were fitted with braces and amazingly learned to walk. When we moved to Macomb County, Easter Seals helped with our medical care. My sister and I became Poster kids for the March of Dimes and later Easter Seals. My parents treated my sister and I no different than our unaffected siblings. We had chores, responsibilities and always encouraged us to do our best. If there was any teasing, and our feelings were hurt, Mom explained to us that they were rude and didn't know better. She also taught us never to feel sorry for ourselves, and that there were people much worse off than us. Mom often said "You can do anything in life that you put your mind to". I will always be grateful for those words. One of my fondest childhood memories is attending a handicap camp

during the summer months. My sister and I attended Camp Grace Bentley located in Jeddo, Michigan. We were just seven years old when we started attending camp, and spent many summers there. I think it gave us a good perspective on life. We met many friends and still have kept in contact with some of the campers through all these years.

We attended regular school. It was initially recommended that we attend a handicapped school. Mom would have nothing to do with that recommendation. She said there was nothing wrong with our minds. So off to regular school we went. We did just fine. We were not the first kids picked for team sports and we were not the last. I missed most of my High School years, however home schooled.

I had five major surgeries on my right ankle trying to stabilize it so that I could walk without the brace. I was finally able to get rid of the brace in my twenties.

Debby and I both attended College making the Dean's list. We ended up with good jobs. I worked at a local hospital for 30 years. We both married and have lovely families. I have been blessed with lots of grandchildren to love.

About ten years ago Post-Polio arrived. It is very hard to slow down when my brain is telling me differently. I did have to go on disability in 1998. I am back in braces and a cane. I have a scooter friend that definitely conserves energy. I keep busy with our local Polio Support group, secretary and board member of Michigan Polio Network, and volunteer as a greeter at St. John's Polio Clinic in Warren, Michigan.

My husband, Bruce, also a polio survivor, and I have also discovered this wonderful place called Bay Cliff Health Camp located in Big Bay, Michigan. We have met other polio survivors the past four years and share our stories at this Wellness Camp and look forward to this event in the fall. I cannot forget to mention that Bruce and I travel every year with the Boca Raton Polio Group. We are about to go on our fifth Cruise in December to the Western Caribbean. My sister hasn't done as well. She developed Multiple Sclerosis many years ago. She has maintained a positive attitude through all this. She is legally blind and confined to a wheelchair most of the time. However, she is still able to make beautiful greeting cards. ☺

# MICHIGAN POLIO NETWORK

Board of Directors 2010-2011

## CHAIRMAN

Bruce E. Sachs ps2010  
1070 Balmoral St.  
Mt. Clemens, MI 48043  
(586) 465-3104  
[besachs@sbcglobal.net](mailto:besachs@sbcglobal.net)

## SECOND VICE CHAIR

Daniel A. Matakas ps2011  
7569 Harrison  
Westland, MI 48185 (734) 422-5659

## SECRETARY

Dianne L. Dych-Sachs ps2011  
1070 Balmoral  
Mt Clemens, MI 48043  
(586)465-3104  
[dldych@wowway.com](mailto:dldych@wowway.com)

## ASSISTANT SECRETARY

Judy Pasich ps2011  
617 Revena Place  
Ann Arbor, MI 48103-3639  
(734) 623-1252 [jpasich@sbcglobal.net](mailto:jpasich@sbcglobal.net)

## TREASURER

Don G. Pixley ps2010  
517 Oak St  
Rochester, MI 48307  
(248) 651-0360  
[dgp1029@gmail.com](mailto:dgp1029@gmail.com)

## ASSISTANT TREASURER

Richard Kugel 2010  
2715 Plymouth  
Shelby Twp, MI 48316  
(586)786-1029 [Rick\\_kugel@hotmail.com](mailto:Rick_kugel@hotmail.com)

## LIBRARIAN

Laura Barbour ps2011  
1156 Avon Manor Road  
Rochester Hills, MI 48307-5415  
989-739-4065 [denilaur@sbcglobal.net](mailto:denilaur@sbcglobal.net)

Susan Burton 2011  
40547 Firwood  
Plymouth, MI 48170  
(734) 765-8384  
[Lucyandbailysmom@aol.com](mailto:Lucyandbailysmom@aol.com)

Carl Fenner ps2010  
1146 Kettering St  
Burton, MI 48509-2368  
(810) 742-2709

## POLIO PERSPECTIVES

EDITOR, Vera Hazel 2011  
15235 Ackerson Dr  
Battle Creek, MI 49014  
(269) 964-8184 [vlhazel38@comcast.net](mailto:vlhazel38@comcast.net)

Jeremy Jaworski 2010

21553 Indian St.  
Southfield, MI 48033  
(248) 350-8948  
[jjorthotist@yahoo.com](mailto:jjorthotist@yahoo.com)

Sharon Kugel ps2010

2715 Plymouth  
Shelby Twp, MI 48316  
(586) 786-1029  
[Sharon\\_kugel@hotmail.com](mailto:Sharon_kugel@hotmail.com)

Paula Lemieux ps2010

21295 Whitlock  
Farmington Hills, MI 48336  
(248) 474-1817  
[Plemu@sbcglobal.net](mailto:Plemu@sbcglobal.net)

William Messeroll ps2011

13350 Chandler Rd.  
Bath, M 48808  
(517) 641-6398 [wmmesseroll@aol.com](mailto:wmmesseroll@aol.com)

Barbara Oniszczyk ps2011  
52 N Plaza Blvd Apt. 428  
Rochester Hills, MI 48307  
(248) 260-7195  
[abufflogal@yahoo.com](mailto:abufflogal@yahoo.com)

Pam Spinella 2011

23304 Beverly  
St Clair Shores, MI 48082  
(586) 294-3135  
[plspinella@sbcglobal.net](mailto:plspinella@sbcglobal.net)

William Thiedeman 2011

6537 Ostrum Rd.  
Belding, MI 48809  
(616) 794-9738 [useg-bill@pathwaynet.com](mailto:useg-bill@pathwaynet.com)

---

## MPN WEB SITE

[http://  
www.michiganpolionetwork.com/](http://www.michiganpolionetwork.com/)

---

## DISCLAIMER!!

ALL MATERIAL IN THIS NEWSLETTER IS THAT OF THE INDIVIDUAL WRITERS AND DOES NOT CONSTITUTE AN ENDORSEMENT OR APPROVAL BY THE MICHIGAN POLIO NETWORK, INC OR ANY OF ITS BOARD OF DIRECTORS OR POLIO PERSPECTIVES STAFF. IF YOU HAVE PERSONAL MEDICAL PROBLEMS CONSULT YOUR PHYSICIAN.

---

Michigan Polio Network, Inc  
1156 Avon Manor Road  
Rochester Hills, MI 48307-5415

---

Bulk Rate  
CAR-RT-SORT  
U.S. POSTAGE  
PAID  
Ithaca, MI 48847  
Permit No. 29