



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Blake Timm

President

Tim Pearson

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Chair

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Executive Secretary

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Treasurer

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Membership Chair

Julia Kollar

Vice President

Tom Raabe

Past President

Mike Yakos

Rotary Foundation Chair

Duties

Program

Oct 24 Danielle Isaac -

Life Mastery

Oct 31 Lori

James-Neilson & Kim

Leathley - OHSU Tuality

Healthcare

Nov 7 Tom Marcos -

Rotary Foundation

Nov 14 Melissa Erickson

- Adelante Mujeres

Rototeller Article

Oct 24 Coni Ingram

Oct 31 Lori Larson

Nov 7 Vaughn Tidwell

Nov 14 TBA

Greeting Partners

Oct 24 Rick Johnston &

Todd Kelley

Oct 31 Richard Kidd &

Julia Kollar

Nov 7 Kevin Kuntz & Lori

Larson

Nov 14 TBA

Thought For The Day

Oct 24 Lori Larson

Oct 31 Michael Yakos

Nov 7 Dick Johnston

Nov 14 TBA

We Are Meeting In The MPR At Pacific This Week!

October 24, 2018

Post Polio Syndrome

This week is world polio day so I thought that the subject matter of this article should relate to it. Post polio syndrome is a condition that affects polio survivors years after recovery from an acute initial onset of the virus.

My husband Chris was 2 in 1962 when he was taken with his siblings to get vaccinated for polio. Over the next 3 months his muscles weakened his right leg would buckle and he would fall down. His right side was much worse than the left. He progressively got worse and was taken to the doctor. The doctors concluded he had gotten a mild case of polio from the vaccine. He was put on a strict exercise routine to hopefully help his muscles as his case appeared to be more mild. Over the next year his body slowly recovered and his muscles began to get stronger. Chris was able to function in sports and life as a typical child. One leg was noticeably shorter than the other but didn't slow him down.

When he was 10 he started to suffer from extreme knee and joint pain, he tired easy with little activity. He sought medical help with no diagnosis for next 20 years for his chronic muscle pain.

Powering through each day took great effort at times with debilitating pain.

Finally the pain was at a point he sought help from several specialists who really researched his history and saw that he had polio as a child. It was this doctor who finally was able to diagnose him with post polio syndrome. There is no cure for post polio syndrome. Treatment focuses on managing your symptoms to improve your quality of life.

Post polio syndrome only affects people who have had polio. It usually develops 15 to 40 years after the infection. It is rarely life threatening but the symptoms can affect a person's ability to function independently. The exact cause of it is not known. The progression of it is usually very slow. According to one estimate, 25% to 50% of the 300,000 polio survivors in the United States may develop the syndrome. The way to eliminate people getting post polio syndrome is to eliminate polio.

Coni Ingram

Raffle Prize

Oct 24 John Minor
Oct 31 Paul Minor
Nov 7 MaryKay Morelli
Nov 14 TBA

Meeting Place

Oct 24 MPR Pacific U
Oct 31 MPR Pacific U
Nov 7 MPR Pacific U
Nov 14 MPR Pacific U

Events

Thirsty Thursday

October 25, 2018

Concours Board

Meeting

November 13, 2018

Rotary Board Meeting

November 15, 2018

Forest Grove Concours d'Elegance

July 21, 2019

Number of Wild Poliovirus Cases Globally as of October 16, 2018

New Cases Last 7 Days	1
YTD - 2018	20
YTD - 2017	12
Total - 2017	22
Total - 2016	37
Total - 2015	74
Total - 2014	359
Total - 2013	416
Total - 2012	223
Total - 2011	650
Total - 2010	1,352
Total - 2009	1,604
Total - 2008	1,651

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>

Board Members

Director 2016 - 2019

Pete Van Dyke

Director 2016 - 2019

Lorrie Hutchins

Director 2016 - 2019

Bryce Baker

Director 2017 - 2020

Doug Thompson

Director 2017 - 2020

Mackenzie Johnston

Carey

Director 2017 - 2020

Josh Shinoda

Director 2018 - 2021

Michelle Thomas

Director 2018 - 2021

Paul Waterstreet

Director 2018 - 2021

Ryan Garcia

Community Outreach

Chair

Mike Hundley

Fund Raising Treasurer

Jim Crisp

Club Services Group

Chair

Geoff Faris

New Generations Chair

Ryan Garcia