



Polio Survivors Serving Others

Information & Inspiration
For All Polio Survivors and their Families

The PA Polio Network

www.polionetwork.org

April, 2023

Our Mission:

To Be in Service Providing Information to Polio Survivors, Post Polio Support Groups, Survivor's Families and their Caregivers.

Inside this Issue:

Always in April: National Infant Immunization Week and World Immunization Week coincide between April 24th and April 30th this year. As polio survivors, we understand how important it is for children to stay up to date on their vaccines. Why is this a world wide effort?

The CDC, Rotary International and the World Health Organization explain.

- “COVID-19 has caused many disruptions in families’ lives, and in some cases, it has meant that children have missed or delayed their wellness checkups and vaccination, which are a critical part of ensuring children stay healthy.” (CDC)
- “COVID19 reminds us that disease outbreaks anywhere can be a threat everywhere. That’s why Rotary is more committed than ever to ending the threat of polio for every child, everywhere.” (Rotary International)
- “We need to act now to catch-up the millions of children who missed out on vaccines during the pandemic, restore essential immunization coverage to at least 2019 levels and strengthen primary health care to deliver immunization. The ultimate goal of World Immunization Week is for more children, adults – and their communities – to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives.” (WHO)



Art: It has an amazing way of communicating love, compassion and respect. Famed landscape painter Walter Emerson Baum changed direction when his grandson David found his mobility impaired from the poliovirus when he was just three. As the child grew, he found himself painting portraits of David that featured his demeanor and witty personality, not his disability. Pamela Sergey wrote about this loving pair, whose relationship was featured in a special exhibit at the Baum School of Art.

It’s never too early to start teaching children about vaccines. Children know that shots hurt. By introducing them to vaccines in a friendly and non-threatening way, their fear of going to the doctor can be reduced by learning just what they are and why they’re necessary. There are many outstanding books available to help. Our youngest team members, Avery and Ariana, wrote about “[Ava Antibody Explains Your Body and Vaccines](#)” by Andrea Cudd Alemanni to glowing reviews. The sisters are back after having read “The Polio Pioneer: Dr. Jonas Salk and the Polio Vaccine” by Linda Elovitz Marshall. Their view of Jonas Salk? He was a dreamer, a believer and he had TRUE Grit.

The COVID Pandemic has been a great Reminder: Immunizations are for everyone. They’re *not* just for COVID and *not* just for kids. [Dr. Marny Eulberg](#) has done an amazing job explaining the vaccines for those over age 50. In her clear style, she explains what they are and *why* they’re necessary.

WORLD IMMUNIZATION WEEK
24-30 April 2023 endpolio.org | [#endpolio](https://twitter.com/endpolio)



**END
POLIO
NOW**



The COVID Pandemic has been a great Reminder.

Immunizations are for Everyone: Not just for COVID and Not Just for Kids.

Marny K. Eulberg, MD

World Immunization Week is celebrated every year during the last week of April. In 2023 that will be April 24-29. The purpose is to highlight the collective action that is needed to emphasize the critical need for vaccination and to promote the use of vaccines (immunizations) to protect people of all ages against serious disease. The ultimate goal is for community acceptance so that more people will be protected from vaccine-preventable diseases.

We, polio survivors, have seen first hand the value of polio vaccines that were first released to the public in the U.S. in 1955 (killed virus - Salk/injectable) and in the early 1960s (live, attenuated - Sabin/oral) and the subsequent sharp decline in the number of people paralyzed by polio. And, we have seen a significant drop in the number of people who have gotten seriously ill, possibly needing a ventilator to help them breathe, or have died since COVID vaccines became available.

Smallpox was the first human infectious disease ever eradicated and that, was a direct result of one thing - Vaccination.

How many of us have known a child who has died of tetanus or diphtheria? I suspect none! Those of us in our 50s or older *do* remember getting sick with measles, mumps, and/or chickenpox. But young people today hardly ever get sick or miss days/weeks of school because they have one of these diseases. This is because, since the 1970s, the majority of children are protected from these diseases by immunizations. In fact, if children are fully immunized by the time they start first grade, they will have received between 17 and 29 immunization shots. The number of injections depends on how many of the immunizations combined 2 to 4 vaccines into one injection.

Some health insurances will cover the cost of combo vaccines and some will not; some facilities stock the combo vaccines and some do not.

Once individuals finish attending school, and hence have no school nurse monitoring immunization records, immunizations tend to be forgotten and neglected. There are no regular immunizations recommended for adults aged 26 through 50, other than once every 5 to 10 year boosters against tetanus and recommendations for annual flu vaccines (and whatever the COVID vaccine schedule is going to be).

However, as a person approaches their 50th birthday and beyond, recommendations for vaccines again appear. Certain health conditions, occupational exposures, or travel overseas may also dictate the need for certain vaccinations or a different vaccination schedule.

The current vaccines recommended for adults over age 50 are:

- Annual flu vaccines and what may likely be annual COVID vaccines.
- One dose of Tdap (Tetanus, diphtheria, activated pertussis/whooping cough) and then Tetanus/Diphtheria or Tdap booster every 10 years
 - People often call tetanus “lockjaw” because one of the most common signs of this infection is tightening of the jaw muscles.
 - Tetanus infection can lead to serious health problems, including being unable to open the mouth and having trouble swallowing and breathing. (2)
 - Diphtheria is a serious illness that spreads easily. Doctors treat it immediately and aggressively. Doctors first ensure that the airway isn't blocked or reduced. In some cases, they may need to place a breathing tube in the throat to keep the airway open until the airway is less inflamed. (1)
- Shingles vaccine - series of two injections of Shingrix once in lifetime.

The current vaccines recommended for those age 65 or older (or younger with certain risk factors).

- Pneumococcal vaccines (PCV 15, PCV 20, or PPSV23). The vaccination schedule has changed several times since 2000.



continued . . .

- In 2023 the recommendation is one dose of PCV15 (Vaxneuvance) followed by PPSV23 (Pneumovax)
- Or a single dose of PCV 20 (Prevnar 20)

The vaccines for COVID, Flu, Shingles and Whooping Cough do decrease your risk of getting these diseases but do *not* prevent you from getting it. The purpose of these recommended immunizations is:

- To prevent serious disease, hospitalization (and death from Flu and COVID);
- To minimize the risk of adults becoming ill from whooping cough when exposed to it, and to lessen the transmission of the whooping cough bacteria to infants/young children who are too young to be fully protected by immunizations;
- To prevent the pain and suffering that comes with an episode of herpes zoster, known more commonly as “shingles”,
- To decrease the number of episodes and risk of hospitalization from pneumonia, and minimize the damaging effects caused by the pneumococcal bacteria.

Shingles (medical term: herpes zoster) is produced by a reactivation of the varicella-zoster virus that causes chickenpox. It happens most often in people over 50 and in those who experienced the painful, itchy skin lesions from having had the disease chickenpox.

The CDC describes what it feels like to have shingles:

“The rash is usually painful, itchy, or tingly. These symptoms may precede rash onset by several days. Some people may also have headache, photophobia (sensitivity to bright light), and malaise in the prodromal phase.

The rash develops into clusters of vesicles (small blisters). New vesicles continue to form over three to five days and progressively dry and crust over. They usually heal in two to four weeks. There may be permanent pigmentation changes and scarring on the skin.” (2)

The Shingles rash is usually along the course of one or two adjacent paths of the involved nerves anywhere on the body is seen most often on the trunk, and characteristically does not cross the midline of the body.

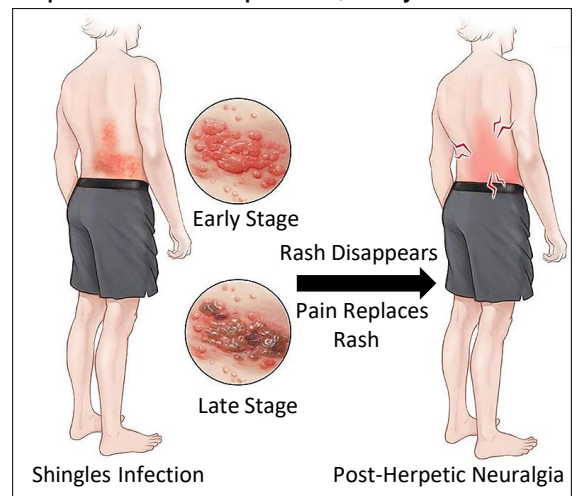
- It’s important to note: this virus is NOT the same as the virus causing genital herpes!
- Some people develop post-herpetic neuralgia that can cause unrelenting pain in the area that showed the outbreak of skin lesions. This can last for months, years and in the worst cases, become permanent. There are some medications that can help but they are not 100% effective and are not curative.
- Ophthalmic shingles (Shingles in the eye) is one particular version of the disease that can have some serious side effects, that ultimately can cause permanent damage to your vision. (1)
- Shingles can affect the facial nerve near one of your ears (Ramsay Hunt Syndrome). In addition to the painful shingles rash, Ramsay Hunt Syndrome can cause facial paralysis and hearing loss in the affected ear.

Many people complain about a sore arm after the 2 dose shingles vaccine. That’s minor compared to the pain this virus can bring.

Pneumonia is a generic term for any infection that inflames the air sacs in the lungs. Pneumonia can be caused by viruses (such as influenza and COVID) along with many different bacteria, and fungi. Symptoms can range from relatively mild to life-threatening. It is most serious for infants and young children, people over 65, and individuals with various health problems and immune system disorders.

Pneumonia is often classified depending on the likely place where/how the person got the infection. Thus, you can hear these terms to describe it:

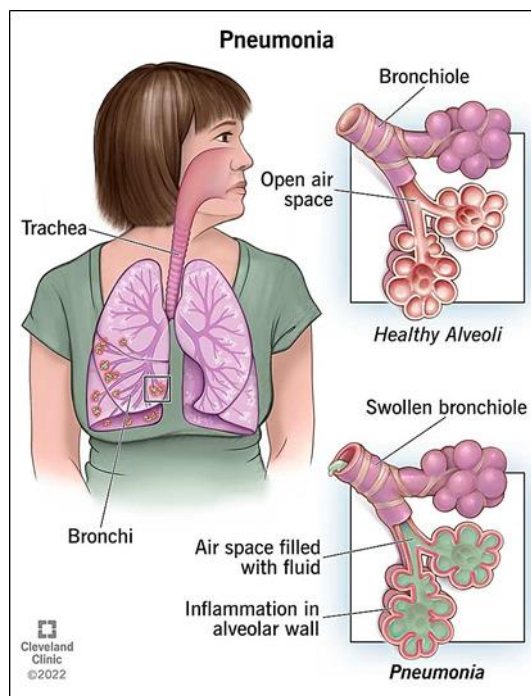
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- “community-acquired pneumonia (CAP)” and “healthcare-acquired pneumonia” (HCAP). CAP generally affects relatively healthy people and is usually treated with common antibiotics: HCAP is more likely to be resistant to one or more antibiotics and the people who get it are usually already sick with other conditions.
- Aspiration pneumonia occurs when food, drink, and/or saliva or vomit is inhaled into the lungs.

The vaccines that can decrease a person’s risk of getting pneumonia are the flu shot, the COVID vaccine, and the various pneumococcal vaccines. However, getting one of the pneumococcal vaccines will NOT prevent all pneumonias.

- It will not prevent pneumonia from bacteria that are not pneumococci (streptococcus pneumonia) such as the bacteria causing Legionnaires’ disease, or bacteria-like organisms such as Mycoplasma, viruses, or fungi.
- And it will not prevent the damage caused to lung tissue caused by aspiration of bacteria that are present in the mouth or stomach acid.



Please talk to your primary care physician about staying up to date on the vaccines you may want or need.

Marny K. Eulberg, MD
[Primary Care Perspective](#)

Sources:

- (1) www.mayoclinic.org
- (2) www.CDC.org
- (3) Cleveland Clinic



Smallpox



Measles



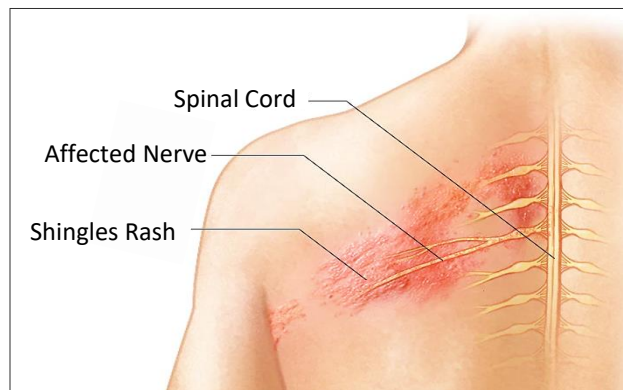
Tetanus (Lockjaw)



Ramsay Hunt



Flu



Shingles

The Polio Pioneer: Dr. Jonas Salk and the Polio Vaccine

[A Book Review by Avery & Ariana](#)

We loved reading this book about Jonas Salk by Linda Elovitz Marshall. We learned a lot.

Have you ever met a kid who said they wanted to make the world a better place? Have you ever said that? Maybe you have qualities like Jonas Salk!

We talk a lot about having grit in our school. Jonas was a kind and curious kid. He was a dreamer; a believer and he had GRIT. His friends knew him as a kid who would play fair. He read a lot of books and was said to “think differently”. Avery – “I understood how he may have felt. I sometimes get told that I think outside the box.”

We learned Jonas had to study many different viruses before he could make a vaccine. He not only wanted to prevent viruses from hurting people, but he also wanted to make a cure. Now that, is having Grit!

The book talks more about the flu, than Polio, but we understand why. He worked on the flu vaccine, first.

The big word that we learned from reading this book is **Immunity**. That means, having your body practice fighting off viruses.

We like reading books about vaccines. All the children that first got the Polio Vaccine, were called Polio Pioneers. I guess that makes us, Vaccine Pioneers!

We hope *you* learn something new after you read this book!



We give it two thumbs up!
Avery & Ariana



World Immunization Week 2023 The Big Catch-Up

Since COVID, children all over the world are behind on their vaccines. Avery and Ariana are fortunate. Their parents have made the choice to keep them up to date with their vaccines and encourage them to learn about *why* they are important.

Polio Survivors understand.

**NO Child Should Suffer from a Vaccine Preventable Disease.
Without question, the Pain and Disability CAN last a lifetime.**

David Emerson Baum

This Polio Survivor Inspired Love in his Grandfather's Art.

By Pamela Sergey

In 1976, when Andrew Wyeth was talking about his paintings of Anna Kuerner, he is quoted as saying "I think a person permeates a spot, and that lost presence makes the environment timeless to me. A lost presence keeps an area alive. It pulsates because of that."



Curator Holly Harter with Walter Emerson Baum's unfinished portrait, "David, A Final Work" (1956); displayed on the artist's easel.
Photo Source: Ed Courier

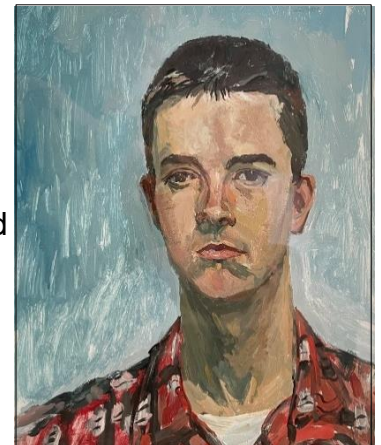
The Baum School of Art exhibition [Of Portraiture & Polio – A Tribute Exhibition In Memory of David Emerson Baum](#) is a poignant and tangible expression of Wyeth's quote. This exhibition showcases 16 portraits of David painted between 1937 and 1956 by his grandfather; famed landscape painter Walter Emerson Baum. Walter E. Baum died in the summer of 1956, and [David](#) passed in June 2021. Yet these portraits exemplify the affection, camaraderie and respect grandfather and grandson had for one another. These emotions embody the exhibition. As Charlotte A. Moser, Co-Director of the [Vaccine Education Center](#) at the Children's Hospital of Philadelphia, recently stated "As I visited the exhibit this morning, I was struck by the love between a grandfather and his grandson. This exhibit offers a great visual demonstration that while diseases, like polio, may shape someone's life, they are not the sum total of that life."

Holly Harter, exhibition curator as well as David's cousin and caregiver, explains "We were inspired by a portrait series painted by American artist Andrew Wyeth, known as The Helga Pictures. This series took the world by storm in 1987 and left an indelible impression on David." David was further inspired in early 2021 by Bill Gates' commitment to eradicate polio.

Through this exhibition, David wished to share his special portrait collection with others in the hopes of raising awareness of polio and Post-polio syndrome (PPS).

David developed polio in 1935 at the age of 3. It affected the use of both his arms and legs. Harter explains that during his youth, "David was pushed to exercise and stretch his limbs (physical therapy in modern day terms) by his family. Eventually, he was able to ride a bike, attend school dances, help his dad build homes, and make frames for paintings." In his portraits, Walter Baum focused on David's demeanor and witty personality, not his disability. A sense of quiet mischievousness simmers just beneath the surface in many of the portraits, as if David was about to tell his grandfather a secret or make him laugh. Harter adds "The portrait of David with the flannel shirt was a special gift from Walter on David's 18th birthday. It captures Walter's profound respect and admiration for David as he matured into a man who ostensibly mastered living with the impact of polio. But it is the collection itself that paints a larger image of the universal relationship of grandfather and grandson."

Included in the exhibition is the first public viewing of an unfinished portrait of David that Walter Baum was working on the eve of his death in 1956. It is displayed as it was in Walter Baum's studio, on the easel of [William T. Trego](#), Baum's friend and mentor. Trego, a Victorian painter who specialized in battlefield scenes, had lived with disabling paralysis of his hands and feet since he was a toddler. From 1903 until Trego's death in 1909, Baum studied with Trego while his wife, Flora, modelled for Trego. In 1904, when Walter Baum was nineteen, Trego painted his portrait, now in a private collection.



"David Baum – Age 18"
by Walter E. Baum.



David with his grandfather's unfinished work.

continued . .

David Emerson Baum (continued . . .)

Baum painted a portrait of Trego during the same year, now in the collection of the Mercer Museum, Doylestown, PA.

Always an educator and arts advocate, Walter Baum founded the Baum School of Art in 1926 and prompted the creation of the Allentown (PA) Art Museum in 1934. In 1949, Walter Baum and Dr. Charles H. Boehm, Bucks County Superintendent of Schools, established the Bucks County Traveling Art Gallery to expose Bucks County (PA) children to local art.

David Baum continued his grandfather's legacy by establishing the David Emerson Baum Memorial Scholarship Fund at the Baum School of Art to encourage art as a means of working through adversity and overcoming hardships.



David Baum, shortly before his death in 2021.

REFERENCES

1. Conversation between Andrew Wyeth and Thomas P. F. Hoving, MET Director (1967-1977), The Metropolitan Museum of Art exhibition catalog, Two Worlds of Andrew Wyeth: Kuerners and Olsons, 1976
2. Photo Source: All photos, unless otherwise noted have been approved by Holly Harter



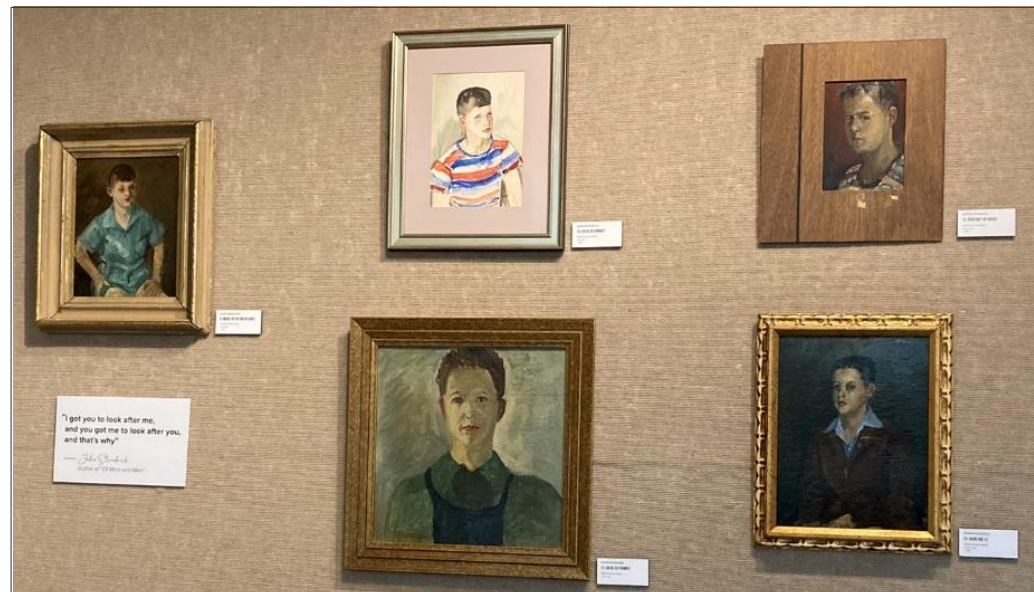
David leaned his weakened right arm on the custom armrest attached to his walker. He used it as leverage to help him use his body weight and stronger arm to move the walker.



David had a 3" lift on the outside of his right shoe.



"David Reading" by Walter Emerson Baum



Additional portraits of David by Walter E. Baum as they appeared in *Of Portraiture & Polio* at the Baum School of Art, Allentown, PA

Some Fun Spring Jokes

1. What do fishermen play with their kids in the spring?
Go fish!
2. What did the family do when they realized they could go to the beach?
They shell-abrated!
3. Where do sheep go for spring break?
The Baa-hamas.
4. What did the parents say to their kids when they went to the beach for the first time ?
"Long time, no sea!"
5. Where did the egg go in the spring?
New York City.
6. What's the real reason the birds fly north in April?
For spring beak!
7. What is spring's superpower?
Flower power!
8. Where did the elephant put all of his clothes before traveling?
His trunk.
9. What can you find in the middle of April and March but not at the beginning or end of either?
The letter R !
10. Why is Star Wars' Yoda such a good gardener?
He has a green thumb.
11. What did the dirt say to the rain?
You'd better cut it out, or my name will be mud!
12. What do you get when you push a bunch of Easter eggs down a hill?
Spring rolls.



April.

SPRING

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You inspire us to keep moving forward.

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