

## AROUND THE REGION

# Local woman shares story of living with psoriatic arthritis

DEBRA J. GROOM  
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PULASKI — When Shirley Wallace was 15, she was told she'd be in a wheelchair by age 21.

She was devastated — as was her father, thinking that his little girl would be disabled as a young adult.

But Wallace did not want to give in to her disease — psoriatic arthritis (PsA). Even as her joints swelled, the pain increased and her mobility waned, she fought.

"You have to fight it," she said. "And education is the tool."

Wallace, 47, of Pulaski, is one of two people in the country chosen to tell their story as part of the Psoriatic Arthritis Awareness Project, a set of patient films highlighting the importance of treating the disease and receiving optimal care. May is National Psoriatic Arthritis Action Month.

Patients featured in the films were nominated and selected by the psoriatic arthritis community. Of the 27 unique sto-

## PSORIATIC ARTHRITIS FACTS

■ PsA is an autoimmune disease that can cause inflammation that triggers joint pain, stiffness and swelling, which may affect the entire body.

■ The swelling may be widespread, leading to ongoing joint and tissue damage if left untreated.

■ Symptoms may develop slowly over time, or can occur very suddenly.

■ The exact causes of PsA are unknown, but it is believed that genetics may play a role.

■ Up to 30 percent of people with psoriasis may develop PsA.

ries received, four finalists were selected and voted on by the community. With almost 400 votes received, Wallace and Jennifer Pellegrin, of Jurupa Valley, Calif., became the faces of the PsA Awareness Project.

Wallace first noticed something was up when she was a teen.

"I was waking up with stiff joints, my fingers would ache and my shoulder would hurt," she said. "I had achy stiff joints

and my parents knew I had to see the doctor."

She was diagnosed with psoriatic arthritis at 15.

Arthritis?? Isn't that something you get when you're in your 60s or 70s?

"I was young. I didn't know what it was," she said. "The first thing I remember is seeing the devastation in my father's eyes. His first instinct was to protect me. I told him 'don't worry dad; I'll beat this disease.'"

She and her parents were told she'd be in a wheelchair by age 21. But today, after years of work by her team of about eight doctors, her physical therapy, her exercises and her education about the disease, she has slowed the PsA progression, is not in a wheelchair and is still enjoying her life.

"You just keep pushing," she said.

Wallace said she heard about the psoriatic arthritis video program through the National Psoriasis Foundation. She submitted her story and "my story was picked."

"I was a nervous wreck,"

she said. "I'm a small-town girl. The crew that did the filming was very nice and made it so easy for me to tell my story."

Wallace believes telling her story is important because many people don't know what psoriatic arthritis is and what it does. She said people may have heard of it from the commercials on TV made by professional golfer Phil Mickelson, who suffers from the disease. The commercials are for a medication Mickelson uses for his psoriatic arthritis.

"A lot of people I talk to refer to the golfer with psoriatic arthritis and he certainly has done a lot for awareness," Wallace said. "This is not your grandparents' disease. There are 100 different forms of arthritis. This one affects anyone, of any age. It doesn't discriminate. And it affects the whole body."

For Wallace, the disease has affected her joints, muscles, tendons, skin, hair, nails and even her eyesight. She is 80 percent blind in her right eye due to the disease.



SUBMITTED PHOTO

Shirley Wallace in a screenshot from her video about her life with psoriatic arthritis. Her video is one of only two in the country chosen as part of the Psoriatic Arthritis Awareness Project.

Psoriatic arthritis is one of a number of autoimmune diseases — others include lupus, scleroderma, Kawasaki disease, ulcerative colitis, Guillain-Barre syndrome, fibromyalgia, Crohn's disease, celiac disease, multiple sclerosis, Addison's disease and endometriosis.

According to the website for the American Autoimmune Related Disease Association, an autoimmune disease is one in which the immune system not only does what it is supposed to do — attack bad viruses and bacteria in the body — but sometimes it goes off-kilter and attacks healthy parts of the

body — the parts of the body the immune system is supposed to protect.

Today, Wallace works with her team of doctors to keep her body well, keep her joints and muscles moving and keep her pain at a minimum.

"I want to show people that if I can beat it so far in my life, they can, too," she said. "People can have a quality of life with psoriatic arthritis."

To see Wallace's video about her life with psoriatic arthritis, go to <http://wdt.me/3m8kEw>.

To learn more about psoriatic arthritis, go to [www.psoriasis.org](http://www.psoriasis.org).

# Sandy Creek area warned about rabid gray fox

SANDY CREEK — The Oswego County Health Department reported May 15 that a gray fox has tested positive for rabies in the town of Sandy Creek. This is the second rabid animal confirmed this year in Oswego County.

It was reported last week that the fox attacked three people in the vicinity

of Snyder Road and county Route 15. Those who were exposed are receiving post-contact rabies treatments.

Oswego County Public Health Director Jiancheng Huang said that any encounters with a potentially rabid animal must be investigated as soon as possible to determine if a person or

domestic pet may have been exposed to the rabies virus. Treatment begun before symptoms occur can prevent rabies from developing in exposed humans.

"Our staff is available around the clock to respond to such incidents," said the director.

To report a possible exposure, call the Health Department weekdays at 315-349-3564. In an emergency during evenings, weekends, or holidays, call the department's answering service at 315-341-0086.

Residents are reminded not to disturb wild animals, and pet owners need

to make sure their pets are protected against rabies, to avoid getting the virus. New York State Public Health Law requires that all dogs, cats, and ferrets be vaccinated against rabies.

For more information on rabies, visit [www.oswegocounty.com/health/rabies.pdf](http://www.oswegocounty.com/health/rabies.pdf) or [www.cdc.gov/rabies](http://www.cdc.gov/rabies).

## CITIZEN

Continued from page 1

"I'm still in shock, it's a great honor," said Mr. Hamilton. "This event is good for our area."

Donna Thomas, co-owner of Thomas Excavating and Thomas Trash Service said, "This is most definitely a surprise."

Bruce D. and Donna R. Thomas as well as Dean and Brian LaLone [sons of Donna, step-sons of Bruce] own the large business which began in the 1980s.

"It's strange being recognized as a large business, because I don't think of us as a large busi-

ness," said Dean LaLone.

In addition, the family operates B&D Mini Storage on Route 178 in Adams.

The Businesses of the Year were selected by the previous year's winning businesses.

The 2018 Citizen of the Year honoree was nominated by the community. Adams Town Supervisor David W. Kellogg had the following to say about Marlene Norfolk:

*This year's citizen of the year is a government minded, civic minded, community minded, business minded and family minded multi-tasker. Marlene retired as the assessor from the*

*City of Watertown after serving 36 years, and later was assessor for six years for the Town of Wilna. During her city employment, she headed-up the yearly Heart Walk, assisted with the United Way Campaigns and started the Employee Recognition Committee.*

*While serving as the assessor for the city she was recognized by the Jefferson County Assessor's Association with their "Professionalism Award." She also was awarded by Senator James Wright as a "Woman of Distinction."*

*In 2001 Marlene and her husband Fred moved to Adams,*

*and more specifically Honeyville, and to quote her "it was the greatest thing we ever did. We were embraced by the community."*

*The couple purchased what was originally a farm on the Fuller Road, and created Honeyville Manor which has become a well-known and popular bed and breakfast for the last 12 years.*

*Since moving to Adams, Marlene has become a virtual whirlwind of activity. She is member of the South Jeff/Six Town Chamber of Commerce, a member of the Adams Revitalization Committee, joined with Connie Elliott in bringing the annual Cheddar Cheese Festival to Adams, a*

*member of the Summer Concert Series, member of the Six Town Community Fund, board member of the South Jefferson Rescue Squad, and a member of the Northern New York Community Foundation's Cultural, Historical and Recreational Committee. She is a former member of the Town of Adams Zoning Board of Appeals and of the Adams Town Board.*

*Marlene says while she has, and is, enjoying all of that, her greatest achievement is her family. She and Fred are the parents of two "amazing" sons who are also contributing to the world we live in, in a most positive way,*

*and are parents to 5 children of their own. She states her oldest grandchildren are now making significant contributions in their communities. Her sons and their wives are also serving on many boards and committees where they live and like Marlene and Fred love the communities they call home.*

*She proudly states, "my life-it's been a great one."*

When asked at the banquet what she thought of the honor, Mrs. Norfolk said, "I was surprised and humbled, I'm doing things I love, and am thankful for the people who support me and the efforts of our organizations."



PHOTO FROM FACEBOOK

The fishing in Henderson Harbor is one of the main attractions to the area. During the Spring Fishing Classic, National Freshwater Fishing Hall-of-Famer Burnie Haney caught this 6.86 lb. pickerel.

## COUNCIL

Continued from page 1

quite the crowd and helps to boost business in the harbor.

"Sailing, boating, fishing, the parks and camping, we have so much to offer and this is going to be good for the area," said Ms. Smith.

Another council member, Claudia Culkin, stated residents of the area are excited to bring Henderson and Henderson Harbor back to life.

"We have this passion to bring things back to where it used to be," said Mrs. Culkin. "We want to take it to a level beyond with great vision and great dreams."

While the council recognizes the importance of updating year-round and seasonal residents, they also understand the tremendous need to promote to tourists.

"Trying to bring in the people from other areas, focusing on our fishing and outdoor recreation is key because that's what we are the best at," said Mrs. Culkin. "It is the place for the best fishing and we are the largest and safest harbor in Lake Ontario for sailors."

While the council is starting strong, it is just beginning to get its feet wet. Organizers are still in the process of determining officers and finalizing pending processes.

More information on the council may be found on its website.

## IN BRIEF

### Memorial Day parade to be held this Monday

ADAMS — American Legion Post 586 and Veterans of Foreign Wars Post 5344 will hold the annual memorial ceremonies in the South Jeff community Monday, May 28.

The Rodman ceremony will take place at 8:30 a.m.; Pierpont Manor ceremony at 9:00 a.m.; and Henderson ceremony at 10:00 a.m.

The village march will take place at noon between the American Legion and village green. A short ceremony will take place at the end of the parade route. The public is encouraged to attend.

### Turkey supper to be held at church May 24

LORRAINE — A turkey supper will be held Thursday, May 24, at 4 p.m. at Lorraine United Methodist Church, 20560 Route 189.

The menu will be turkey with all the trimmings including pie, roll and brown bread served family style.

Take-outs will be available. The cost will be \$12 for adults, \$5 for children younger than 12 and free for children 5 and younger.

For more information, call 315-203-0165.

### Fresh food giveaways slated in May, June

ADAMS — Fresh food giveaways will be held Friday, May 25, and Friday, June 22, at 3 p.m. at St. Cecilia's Catholic Church, 17 Grove St.

### Poppy Days to be held at stores in Adams

ADAMS — Poppy Days will be held Thursday, May 24, and Friday, May 25, at various stores in Adams.

The poppies are assembled by disabled and needy veterans in the VA hospital and the drive will benefit local veterans.

### Bicycling training held to teach safe habits

HENDERSON — Family Safe Bicycling Training will be held Saturday, June 2, with registration at 9:15 a.m. and ride start at 9:45 a.m. at Westview Lodge, 13499 County Route 123.

Experienced riders will teach bike safety, road safety, helmet safety and ride etiquette.