



APPA LIBRARY

APPA's Library is housed in the Noble Learning Resource Center on the first floor of the main building at Shepherd Center. Library hours are Mon-Fri. from 9:30 a.m. to 4:00 p.m. and Sat. from 11:00 a.m. to 3:00 p.m. Board member Irvin Massey is APPA's official librarian.

For your convenience, Irvin brings a small selection of books to each Saturday meeting for you to check out.

G T R A D E

WELCOME to gTRADE, a Tools For Life project in Georgia funded under the Technology-Related Assistance for Individuals with Disabilities Act of 1988 (Tech Act), as amended. gTRADE is designed to make assistive technology (AT) devices and services more available and accessible to ALL Georgians with disabilities. This equipment exchange collaboration between individuals and fami-

lies with disabilities and the Tools For Life project encourages members to offer assistive technology devices and information for sale or purchase to others who may benefit from using technology unneeded or discarded by others. gTRADE which functions like a classified advertisement in your local newspaper is discussed in more detail under General Information at www.gtradeonline.org

Moving? Since the post office will not forward the newsletter, please let us know of your new address (including all nine digits of your ZIP code) so that we can continue to send you the newsletter. Send address changes to APPA at the address shown below.



APPA News

Atlanta Post-Polio Association, Inc.
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Atlanta, Georgia 30325

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◆ APPA News ◆

The Newsletter of the Atlanta Post-Polio Association

Volume 18 Issue 1

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January—March 2003

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APPA News is published quarterly by the Atlanta Post-Polio Association. Please address all correspondence to:
Editor, APPA News
P. O. Box 250566
Atlanta, GA 30325

Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of the Atlanta Post-Polio Association.

Statement of Policy

APPA and APPA News do not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

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Articles for next issue of APPA News are due to the editor by May 15, 2003. E-mail: editor.APPANews@mindspring.com.

President's Message

A new year and a new APPA! I am happy to announce the 2003 Committee Chairpersons and Executive Board. It is with a deep sense of commitment that I have accepted the position of President. Jean Lemonds will serve as our Second Vice President and Chairperson of Outreach. Diane Baggett will continue as our capable Secretary and Sylvia Gray will keep our books for one more year. Other assignments include Irvin Massey as our Librarian, Vicki Crowell as our Historian, and Gus Pettit as our Web Master. Additionally, Gus is taking on the job of Data Base Manager and Vicki will be in charge of refreshments for our meetings. Alan Mitchell will continue as our Newsletter Editor and Dick Weir will take on Public Relations for APPA. Two of our newer board members will serve At Large. Carol Paulk will assist with monthly programs and Charlotte Terry will continue managing the phone tree. We invite your comments and feedback as we take a second look at APPA services and determine which ones are working, which ones need improving and perhaps which areas we should cut back. We will be

exploring the possibility of another fall conference, how to increase our membership and the feasibility of assisting others both inside and outside the metro area in establishing satellite post-polio support groups. Many exciting things are happening. **We need your expertise and feedback.** Come join in the fun and pledge your support and time to APPA.

Linda Priest

APPA



wants YOU!

See pages 4 & 5

Thoughts

A Potpourri of Life

By Myrna Whittington

With the Holi-
days behind
us and tax
time looming,
I am still getting over that nasty
virus that we all had. We can
thank our trip to Stone Mountain
and the crowd for the bug. As it
turned out Laura (daughter) and
Tyler at the last minute were
able to fly here for Christmas
from Omaha. The *only* problem
was that we had just shipped
Tyler's gifts to Omaha, Lordy!!
We scrambled to Big Lots
(thank goodness for Big Lots)
and did it all over again. Tyler
had grown 5" since I saw him in
June and talks beautifully, has
learned "NO," and temper tan-
trums, he is 2¹/₂, strike a bell??

My heart ached to pick him
up when he would come running
to me and kind of tackle my
legs, but instead we would kind
of go over like the Leaning
Tower of Pizza. But we man-
aged somehow. His favorite
thing is Papa and guitar, that is
all he talked about besides the
big train at the mountain. He
knew he was going to fly to see
the train. By gosh he did, smil-
ing on board as Nana took pic-
tures, waving when the train
tooted and puffed on take off.
Chattering about telling Miss
Minnie his daycare attendant
about going on the train.
Wheee!!!

They returned later and Tyler
was asleep on Laura's shoulder,
she was so-o-o upset! And the
more she complained, the
MORE I laughed, I just could
not help it. What happened was
that the train went around the
bend and Tyler fell asleep!! The
sound never budged him. Plane
from Omaha, to the big train--
KONK!!!

Later in the week, I decided
to weigh in, after eating lots of
fruit cake (Yes, I am a fruit cake
lover!). We had been sharing my
bathroom and as I moved Bob
the Builder towel, along with
froggie etc, I took the scale, got
on, reached for my glasses and
looked down---220 lbs!! Lord, I
did not think that fruit cake
weighed THAT much! Nana
was horrified!! Until I realized
that little fingers found the wheel
to change the numbers, I laughed
all through my shower!!

So now they are home and
my heart is empty, until Tyler
tells me on the phone, "Nana, I
love you!"

May this New Year bring us
Peace and good Health! So far
my ceramic heater burned up
and smoked the dining
room while attempting meat-
balls, I caught my foot on the
cabinet door and ripped it off,
my scooter wheel went flat, my
w/c gears separated, but most of
all, one cold rainy day I went in

and out of the house, under the
arbor, to get bird seed. I hung up
my wet jacket, closed the sliding
door and turned around and
BOOM!!!, the arbor fell, it
would have killed me, no doubt
about it!! Do I believe in Guard-
ian Angels? You bet, mine held
the arbor up for me until I fin-
ished and closed the door. This
"2003" has GOT to get better (I
write this with a big grin)..!



APPA exchanges newsletters
with many other polio support
groups in the USA and also Eng-
land, Australia and Canada. If
you moved to Atlanta from out
of state, you might be interested
in taking a look at the letter from
your old support group. Come
by the library at any time, or call
Irvin Massey and he will bring
the newsletter to the next APPA
meeting. Irvin also brings 2 or 3
books to every meeting. Call
him if you want a particular
book.

Very Special Arts

A benefit of APPA membership is the
opportunity to attend art and entertainment
events **for free** through Very Special Arts.
To learn about current offerings, call
404-221-1270, ext. 36. For a reservation,
call Barbara Forest at 404-634-8875
between 9 a.m. and 9 p.m and leave a
message including the following
information: name; telephone number;
event, date and time requested; and number
of tickets (each member with a disability
may take one guest). **Then enjoy this
great perk!**

HONORARIUMS

Honorees are listed first in bold print followed
by names of those making gifts in their honor.

Halstead Conference
Lincolnshire Post-Polio Network

MEMORIALS

Memorials are listed first in bold print fol-
lowed by names of those making gifts in their
memory.

In memory of Mary Lou Toohey
William Thorne

MEMBERSHIPS IN APPA

TO:	APPA	Individual	Family	Corporate	Individual Lifetime	Other
	P. O. Box 250566	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Atlanta, GA 30325	\$20	\$40	\$75	\$400	_____

Name _____

Telephone Number _____

Address _____

City _____ State _____ ZIP Code (9 digits please) _____

Email Address _____

- Enclosed is my tax deductible annual membership contribution.
- I've already contributed for this year, please change my address as shown above.
- I cannot contribute at this time, but wish to continue to receive the APPA Newsletter.

We Will Miss You, Dr. Gawne

By Linda Priest

Dr. Anne Gawne, long time APPA friend and dedicated physician, died December 15, 2002, at the Veterans Administration Hospital here in Atlanta. Dr. Gawne studied under Dr. Lauro Halstead in Washington, D.C.. She published numerous articles with Dr. Halstead focusing on the late effects of polio.

Upon her move to Georgia, she went to work at the Roosevelt Warm Springs Institute for Rehabilitation (RWSIR)



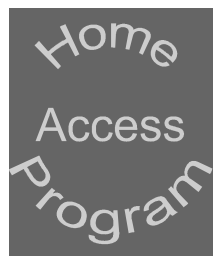
taking over the polio clinic and devoting most of her energy to polio patients and polio issues. She was a physical medicine and rehabilitation physician who was well known for her involvement in research with polio survivors.

She devoted much of her time to establishing a model post polio support group, FDR Post Polio Support Group, which met in Warm Springs on a monthly basis

and published a quarterly newsletter.

Over the years, while she served as head of the post polio clinic in Warm Springs, she traveled to Atlanta many times to speak to APPA. Her most recent involvement was during our November 2002 Halstead conference in which she assisted Dr. Halstead with a question and answer session.

She is survived by her husband, Tim Gawne; her son, Andrew John Gawne; and her daughter, Elizabeth Anne Gawne, all of Peachtree City. Other family members include her father, Robert Carrington, of California; mother, Jean Carrington, of Seattle, Washington; and a brother, Jim Carrington, of California. A memorial service was held December 23 in the Roosevelt Hall Auditorium at RWSIR. Several APPA members attended. Burial was in the Chattanooga National Cemetery in Chattanooga, TN.



ATLANTA -- Georgia Department of Community Affairs (DCA) Commissioner Laura Meadows announced that more than

\$784,000 in grant awards will be used to assist homeowners with disabilities in Georgia. DCA's new Home Access Program was created to assist nonprofit organizations in their existing home modification programs, as well as enable them to serve a larger number of consumers. Eight of Georgia's nonprofit organizations across the state have been



awarded funds for projects such as: construction of wheelchair ramps, widening of interior and exterior doorways, bathroom retrofitting, and improving accessibility in kitchens. "I am thrilled that DCA has the capability to address such a critical need in our state," Commissioner Meadows said. "Those of us without a physical disability often do not realize the barriers in most home construction that exist for persons with disabilities. This program is a great step in beginning to alleviate those barriers." Meadows further added that the funds will directly benefit homeowners, and will not be used for administrative purposes. For more information on DCA's Home Access Program, contact Scott Walker at 404 327 6864.

Special Needs Assistance Fund

The Special Needs Assistance Fund (SNAF) was established from the net income derived from the 1997 conference, in the amount of \$14,000. This fund was established for the purpose of helping APPA members improve their quality of life, by funding for medical equipment not covered by insurance. Twenty-four awards have been made since the inception of this fund. The Board encourages any APPA member to apply for these funds.

The policy and criteria for SNAF have been revised as follows:

Policy for Special Needs Assistance Fund

- To make the guidelines more known to the membership by newsletter, web page and announcement at meetings.
- Awards will be funded from the special account set up for this purpose. This account will be funded by contributions of memorials and honorariums made specifically for this account, by proceeds from special fund-raising events and from grant monies awarded to APPA specifically for this account.
- In the event that funds in the account are temporarily exhausted, requests will be returned to the applicant. When funds again become available, the applicant will be sent a letter from APPA informing him/her of this.
- The following kinds of items are eligible for awards:
 - Equipment for aiding mobility such as electric scooters, scooter hoists, wheel-

chairs and wheelchair ramps.

- Items that enable the recipient to live independently such as handrails, ramps, etc.

Criteria for Applicants Applying for Special Needs Assistance Funds

- The applicant must be a polio survivor and an active APPA member with dues paid in full for at least one (1) year prior to the grant request.
- The applicant may apply for assistance not more than once per calendar year.
- The applicant must submit the following documents:

- Letter of request;
- Letter of medical necessity or a prescription

from a doctor or therapist;
(c) Copy of paid invoice or quote from supplier;
(d) List of all other sources of financial assistance, insurance, personal or grant monies;
(e) Letter of denial from insurance company, if applicable.

4. Mail grant request to:
APPA Special Needs Assistance Fund
P. O. Box 250566
Atlanta, GA 30325.

5. Grant requests will be considered at regularly scheduled board meetings. Requests will not be considered unless all supporting documentation listed in item 3 above, has been submitted.

- Normally, the maximum amount awarded to each applicant in a given calendar year is \$1000.
- Awards will be limited to 80% of the unremunerated cost of the item. Usually items that are not covered by the applicant's medical insurance will be given priority, as well as severe financial need.

This fund was established for the purpose of helping APPA members improve their quality of life, by funding for medical equipment not covered by insurance.

HELP WANTED

APPA is starting its 20th year as an organization. For many of those years, a fairly small cadre of people have worked at making APPA hospitable, capable, functional, and most of all an organization where we “polios” can talk with each other, share our triumphs and our defeats, knowing that everyone there has had similar highs and lows and can empathize with our struggles. Now, after many years, some of our leaders are wearing out and have to have a break from the leadership and work-a-day responsibilities of APPA. **We must find some new blood**, some people who can step into some of our critical roles and maintain the quality organization we have learned to love.

Take a good hard look at the needs listed below and on the next page. Where do **YOU** fit in? How can you help? The sad truth is that, if we cannot find volunteers, APPA as we know it will cease to function on the same level. And no one wants that to happen.

We need you. Please look closely and volunteer your expertise in any area you can.

Alan Mitchell, Editor

Official Greeter.

Job consists of meeting and chatting with new people at meetings. Offer time before or after the meeting to answer questions about APPA, PPS and to make new people feel welcomed and encouraged to come again. Specifically invite them to attend Third Wednesday PM support group session. No special skills or equipment required except a friendly face. **Job openings are available NOW.** Please contact Linda Priest. lindaleepriest@earthlink.net or 404-636-2049.

Chairperson of a late summer/fall APPA dinner out.

Job consists of selecting an accessible location, i.e., restaurant where chairs can be moved away from tables and which offers accessible features. Coordinate event with APPA members and restaurant. Some minor communication/organizational skills required. No special equipment required. **Vacancy is immediate.** Please contact Linda

Priest lindaleepriest@earthlink.net or 404-636-2049.

Chairperson of APPA Holiday Party.

Refer to paragraph above. Additional responsibilities include securing entertainment, door prizes and mailing invitations. \$\$\$ are available for this project

Task Force Leader

Research any of the following items and provide feedback to Board of Directors:
 a) Assist with establishing satellite post-polio support groups.
 b) Determine why APPA's membership is declining.
 c) Research how we can serve our membership more effectively, (i.e., should we add services, should we reduce services, which ones are good, which ones are ineffective, etc.)
 d) Investigate safe financial institutions that will pay higher interest on our savings. **These positions are immediately available.** No resume required for these important positions.

Please contact Linda Priest lindaleepriest@earthlink.net or 404-636-2049.

Newsletter Editor

Bright, engaging, energetic, witty and wealthy individual needed to take over the editing of the *APPA News* starting in 2004. Applicants must be able to use a computer program (which will be provided by APPA) to create the newsletter (pen and pencil are not a good option) which is transmitted to the printer. Applicant must be independently wealthy since the pay is so meager (actually non-existent), but the fun of gathering thoughts and articles from others far outweighs the penury. The Newsletter Editor **does not** have to be a member of the Board of Directors. On-the-job training is offered during 2003 since the job opening must be filled by December 31. Please contact Alan Mitchell editor.appanews@mindspring.com or 404.256.3738

(Continued from page 8)

add a little more cheese.
 Bake uncovered about 20 min. at 325° or until cheese is bubbly.

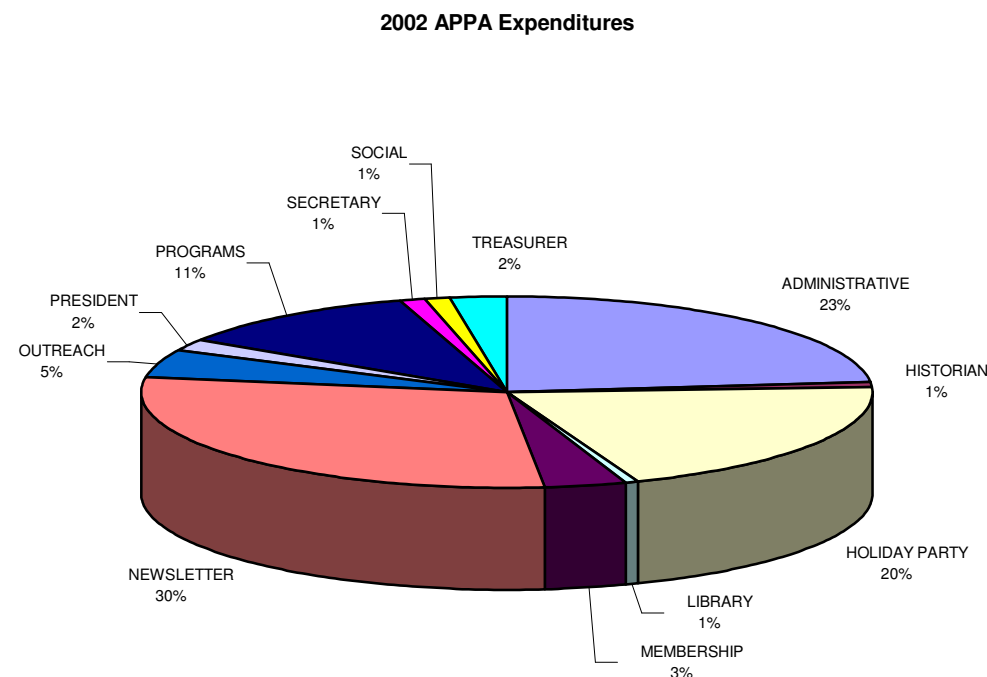
Oriental chicken

Your favorite cooked rice (wild, yellow, basmati)
 Cooked, deboned shredded chicken (goes on top of rice)
 In skillet pour 3 tbs. peanut oil (peanut oil gets nice and hot without burning)
 Put 6 green onions (washed and chopped) in oil and cook onions about 3 minutes on med-high
 Place hot onions on top of rice and chicken
 Top with light soy or tamari

Nancy saved the best part for last. Spend quality time with the creator God, because He is the only one that can fill the empty places of your heart. If you don't know how to do that, Nancy will be glad to show you how.

APPA BUDGET

Ever wonder where your contribution dollars go? Below is a chart of APPA's expenditures in 2002.



SHARING SECRETS

A summary of the recent talk by Nancy Truluck

Nancy Truluck shared some things that make her life easier. She explained the "glass theory" that was told to her by doctors several years ago that has helped her very much. Her glass (or body) is already 90% full with polio related problems (that she can do nothing about); but she can make good choices with the other 10%. Nothing is too small to consider. For example, Dr. Halstead said he moves his head rather than his arm to brush his teeth.

Below are some of the things she does to manage her 10% "choice":

1. She rests every other day. This helps her learn to use the "n" word: **NO!** It also helps her do only the things she "really" wants to do.
2. She keeps her home as comfortable, beautiful, organized, and as clean as possible with comfortable, sturdy supportive furniture for possible guests and herself.
3. Beauty is not optional. It is as necessary to her spirit as food is to her body.
4. Organized at each sitting area is a hidden basket which might contain writing and reading material, scissors, emery board, matching throw for cold legs and feet, etc.

Some additional audience suggestions were touch lamps and sensor lighting in certain rooms and also remote door locks at the most used entrance. They also recommended having work projects together such as gift wrapping, paper, ribbon, scissors, tape, bags, colored tissue paper, tags, string, etc., so you do not have to hunt all these items every time you need to gift wrap.

Nancy discussed some options for a new home:

1. Raise electrical outlets for easy reach especially around computer area (sitting down arm height.) Don't forget a surge protector in case of lightning.
2. Intercom and speakers with volume control in each room.
3. Pull-out sturdy cutting boards for sit down chopping and mixing in kitchen.

4. Entrance switch to flip on lights and music when you arrive home.

One last category was cooking for a month at a time and making your own frozen dinners.

1. Purchase freezer containers.
2. Grocery shop one day and then rest after washing produce (to avoid all pesky fruit flies, immediately wash all fruits and veggies.)
3. Next day, prepare all meat and place in individual containers.
4. Keep in freezer: all types chopped onions, peppers, butter, sour cream, tomatoes, all veggies for soups, all kinds of good bread.

Nancy shared some of her favorite "easy freeze" recipes that can be served with a favorite salad:

Good chicken

2 boneless chicken breasts cut into strips
 1 8 oz. jar Catalina dressing
 1 15 oz. can jellied cranberry sauce (or) 1 jar apricot preserves
 1 pk. Lipton onion soup mix
 In 9 x 13 covered glass casserole place chicken strips.
 Mix together the 3 ingredients above and pour over chicken.
 Cover and bake 1 hour at 325°
 Serve over rice.

Mexican chicken

In 9 x 13 dish place 2 chicken breasts (cooked, deboned and cut in small pieces)
 Mix together and pour over chicken:
 1 8 oz. carton sour cream
 2 cans cream of something soup (mushroom, celery, chicken, etc.)
 1 can chopped green chilies
 1 can chopped black olives
 4 oz. shredded sharp cheddar cheese
 Pour one small bag tostado chips on top and

(Continued on page 9)

HELP WANTED

Newsletter Reporters

Have **YOU** ever missed an APPA program at Shepherd? Were you at the program, but didn't take enough notes and now cannot remember what was said? APPA needs energetic, enthusiastic, well-spoken volunteers to write the summaries of each of our programs primarily for those who cannot attend, but also for those who have a tendency to forget. If your high school teacher said you have a "flair for writing" or you have had a nagging birdie telling you that you need to share your gifts in writing, APPA needs YOU! While the pay isn't much, we'll even offer to provide you with a Press Pass for all APPA programs.

Helping Outreach

When I first thought about how I was going to write this, I was going to start out by saying that *we* need your help. But the more I thought about it, the more I thought that it is really the other way around. Are you confused? OK...Let me explain.

I am assuming that, like myself, many of you have been members of APPA for many years now. Being a member of this special and unique organization has been incredibly rewarding to me. I have met countless unique individuals. I have learned volumes of information that have helped me deal with post-polio syndrome (PPS), such as:

- Numerous accessories that help us deal with everyday tasks more easily.
- Transportation "remedies"—from outfitting a van to drive from a chair or whatever, to info on scooters, chairs, electric wheel chairs, and on and on.
- The latest in treatments...from medications to aquatic aerobics, etc.

The list goes on and on and on. But without a doubt, the most valuable reward to me has been, as Franklin Roosevelt termed us, meeting "*my fellow Polios*". I know now that I am not alone.

The question is...how many *others* of us are, even today, facing the same dilemma we were all facing years ago—fighting the battle against PPS all alone—until we heard about APPA? Here is what I ask each of us to do:

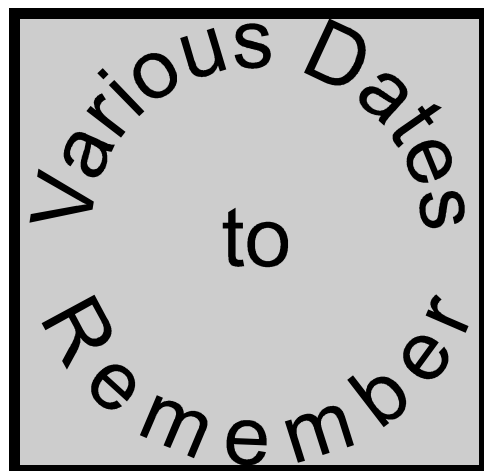
- Do your doctors—particularly your GP and your orthopedic surgeon—know about both PPS and about APPA? Do they have other patients they are treating who had polio? *Please ask them!* I'll bet you will be surprised at the number (My orthopedic surgeon currently treats **five** people who had polio!)
- Take copies of our wonderful "*White Hat*" brochure with you to give to the doctor to give to "our fellow Polios". I have several extras for you to use for this purpose.
- Do you have a name or contact at a newspaper that would be helpful to us in getting the word out about APPA? Most have a "Calendar of Events" section we could supply with information about upcoming meetings, etc.
- How else can we get the word out? Contact me with any thoughts and ideas you may have and I will follow through on them.

You can reach me through e-mail at aweir@mindspring.com. Or, call or write to me at Dick Weir, 797 Bedford Oaks Drive, Marietta, GA, 30068, 770-642-8325. If you would like me personally to write to your physician and/or include a brochure or five, I will be glad to do that as well.

Our mission should be to assist others who had polio, but now that they are having problems with PPS do not know where to turn. APPA is the place for them to turn, and we will greet them with open arms!

Our "fellow polios" will benefit, as will we for assisting them. Sounds like a win/win to me!!!!

Dick Weir



March 1
Dr. Jay Uomoto—APPA General Meeting at Shepherd Center, 10:00 A.M...

March 11
Gary Karp—inspirational speaker/athlete at Shepherd Center, 3:00 P.M.

March 13
Disability Day At the Capitol—South Wing of State Capitol, 10:00 A.M..

March 15
APPA Board Meeting—Shepherd Center, 10:00 A.M..

March 19
Peer Support Group Meeting—Shepherd Center, 2:00 P.M.

April 5
Bonnie Bonham.. with Easy Living Homes—APPA General Meeting at Shepherd Center, 10:00 A.M..

April 5
Ocala, FL Post Polio Conference

April 16
Peer Support Group Meeting—Shepherd Center, 2:00 P.M.

April 26
FODAC Walk & Roll-a-thon

April 30
Mouth and Foot Artist—High Museum of Art

May 3
APPA Social Event—Breakfast Bingo, Shepherd Center, 10:00 A.M..

May 16
Greensboro, N.C. Post-Polio Conference

May 21
Peer Support Group Meeting—Shepherd Center, 2:00 P.M.

May 24
APPA Board Meeting—Shepherd Center, 10:00 A.M..

New Face and New Time

APPA's afternoon Peer Support session is taking on a new face and a new time. We are returning to the original 2:00 – 3:00 PM time and will continue to meet in the Callaway II Conference Room on the third Wednesday of each month. As always, this meeting is for polio survivors only. It is an opportunity to share concerns in an open and safe environment. This is a particularly good place for new APPA members to learn from older APPA members. Linda Priest will facilitate this group the months of February, March and April. We look forward to seeing you on the following dates: March 19, April 16, May 21, and June 18, 2003.

For the Directory

NEW MEMBERS

Brenda Maddox
4201 St. Marie Court
Stone Mountain, GA 30083
404 298 7918
maddox@peoplepc.com

Mary Ramsey
7425 Hennessy Road
Jacksonville, FL 32244
904 772 6488
ramseymjc@msn.com

CHANGES

Jane Allaud
12999 W. Hampton #338
Butler, WI 53007
262 781 1542

Sylvia Gray
404 471 1180

Linda Priest
417 Highland Lake Circle
Decatur, GA 30033

Duane Kline
duanekline@attbi.com

Vicki Crowell
vc040170@aol.com

Virginia Dunbar
vdunbar@emory.edu

Ann Lewis
amlkal@aol.com

Laura Sherman
add: Apt. #1437

Ann & Russell McWilliams
hanndmade@mindspring.com

For the Directory

Irvin Massey
irvinmassey@webtv.net

Charlotte Terry
1125 Ponce de Leon Ave NE
Atlanta, GA 30306
404 875 1060

MAY

BREAKFAST

BINGO



We are planning a bingo breakfast for our May meeting/social event. Mark your calendar for May 3 and plan to sample some delicious breakfast casseroles and play bingo for great prizes. It is all free! Come join in the fun and fellowship.

APPA MEETINGS

March 1: Disability and Spirituality. The speaker will be Dr. Jay Uomoto, Chief of Neuropsychology at the Emory University Rehabilitation Clinic. Dr. Uomoto would like to have questions and comments from the group following his 30-40 minute talk.

April 5: Easy Living Homes. Bonnie Bonham will speak on her current project, Easy Living Homes, and will discuss other ideas for making homes more comfortable and accessible.

May 3: Social Event: Bingo Breakfast

June 7: Home Safety: Dr. Julia K. Silver's new video on home safety followed by a group discussion of safety issues and suggestions for improving home safety. Please bring your ideas and suggestions.

July 5: Pro Motion: Tentative. We hope to have a speaker from Shepherd speak to us on the facilities available to us at the Center.

August 2: Video: "Sister Kenny". Tentative. This is a film about Sister Kenny and her fight against the medical establishment to improve the treatment of polio patients. Rosalind Russell was nominated for Best Actress for this 1946 film. 1 hr. 45 min.

September 6: Rap Session

October 4: Annual Business Meeting

November 1: Conference. TBA

December 6: Annual Holiday Party. The date is subject to change.

A Note from Peggy

As I have had to resign my term as Social Director, I want to take this opportunity to thank everyone for his or her support for the past three years. Those volunteers who consistently helped out with each meeting, social outing, picnic or party deserve a big "pat on the back"! It certainly has made my job a lot easier. We really do have a super group of people in this Association! I have to commend the hard working APPA board in general. Whenever I needed their help, they responded willingly and came through like champs! I especially want to thank Bonnie Bonham for

graciously taking over the Holiday Party for me last year. She and Linda Sutherland have been my lifesavers! I urge you to support your new board and when the volunteer sheets are passed around, please sign up. If we get enough volunteers, it won't be a big burden for anyone. Again, I thank you all for your support and words of encouragement these past three years. It has been a "fun run." I wish Peace and Blessings to all in the New Year.

Peggy Peay