

APPA NEWS

The Atlanta Post-Polio Association

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3rd Qtr 2012

APPA RELOCATES!

After many years of being located at Howell Mill Road in Atlanta, Georgia APPA has re-located to Cumming, Georgia. This move only involves our mailing address, which is a P.O. Box, since we don't actually have offices per se. We will still meet at the Shepherd Center in Atlanta on the same schedule. The only exceptions are "road trips" and the Christmas Party.

Our new address is:

Atlanta Post-Polio Association, Inc.
P. O. Box 245
Cumming, GA 30028



APPA "World Headquarters"

Photo Credit: Joe Drogan

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WEBSITE ADDRESS: www.atlantapostpolio.com

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Web hyperlinks are
underlined and in red
www.atlantapostpolio.com

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Message From The President

Ever since I was a little kid I've always liked trains. I grew up about a quarter mile away from the tracks on the line between Hartford, CT and New York, NY. I can still remember trying to fall asleep in the summer with the window open and could hear the train pass by in the distance. I loved to see how long I could hear it getting fainter and fainter until, usually, I'd fall asleep. A different version of counting sheep I guess. Best part of all was when my Auntie Helen would take me on a train trip to New York to see a Yankee's game. I think that's when my fondness for the rails really got started. Over the years I've been on various trains, the incline railway up Mt. Washington, NH and Lookout Mt. in Chattanooga, TN, and some old steam trains, but they have always been the touristy kind of train rides. It's been probably 40 years since I've been on a passenger train. I've never even been on an AMTRAK train. The AMTRAK Crescent comes through Gainesville, GA twice daily and I sometimes go over there at night and watch it as it comes through. I always wondered what it'd be like to ride to New York or the other way to New Orleans, LA. Well like most things there's only one way to find out and that's to do it. I figured the best way was to do a "dry run" and take a short trip. The AMTRAK from Gainesville to Birmingham, AL is about \$80 round trip. It leaves Gainesville at 7 AM and arrives in Birmingham at noon central time, the return train leaves at 2:30 PM and arrives back in Gainesville at 9 PM. So I thought go to Birmingham for lunch! I mentioned my idea to my buddy Bill and he actually didn't say I was crazy. He did suggest staying overnight then returning and did I want some company? So we booked a couple of rooms, got train reservations, and set off Saturday morning to "ride the rails". What a terrific experience! Friendly people everywhere. No security hassles. All-in-all a slower but relaxing way to travel. People along the way in little sleepy towns wave at you as you go by. We saw several small town festivals and parades. On board you can move about with relative ease. There is some rocking as you walk but plenty of places to hold on to. I saw several "very senior" citizens walking around with ease. After a bit, you get your "sea legs" or is it "train legs"? The 5 hour trip went fast. You can break it up a bit by going to the lounge car, sit at a table and have a snack, and the dining car for lunch. The food was good and not too pricey. I was pleased to see handicapped access looked good, at least to me. Of course, I'm no expert on accessibility. Aisles were pretty wide though, there were two restrooms per car, one handicapped with a wide sliding door and handrails. To go between cars there are pushbutton sliding doors. The hallway to the dining car seemed a little narrow but a scooter would be fine. There were storage areas to park wheelchairs. It would be wise to check "disabled passenger" on your reservation. They had cars with a Handi-

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capped symbol on the outside. I'm sure those are the ones with the best access. They even have a handicapped accessible sleeper room on some trains. My next train adventure will most likely include a sleepover just for the experience. At the station they have a lift device that lifts you and a wheelchair up to be level with the rail car. It is a hand cranked lifter that worked very well. Sometimes simpler is better. No fancy hydraulics and/or electric motors to cause trouble. They board the handicapped travelers first and on this trip they used only one door for everyone. First the disembarking passengers de-trained, if that's even a word, then they boarded the handicapped people then lastly everyone else. Seems like that would make the process go slower than letting folks off through one door and boarding folks through a different door at the same time. But who am I to second guess? Maybe it's a personnel issue. Maybe it's due to increased security. You don't have to go through all that metal detection and body cavity searches like my friends at TSA put you through. I guess not too many knuckleheads are tryin' to hi-jack trains. I do know we boarded 100 people in Atlanta, GA and it took quite a while. The return train going up to Washington D.C. and New York, NY was pretty full. All-in-all a completely delightful trip. There are faster ways to get where you are going but it is a more relaxing way to go. You can even work as you travel. They have power plugs for your phone and laptop in each seat. It makes the "gettin' there" part of the adventure. I'm already looking forward to my next trip. Maybe the next "Message From The President" will be written onboard a train! All...abooooord!

Joe Drogan - APPA President

From the Editor

Reading through this issue it occurred to me that there's way too much me in this one. It couldn't be helped though. A couple of articles by others weren't available by press time so I went with what I had. It also occurred to me that it must be a slow news cycle when front page news is moving APPA's mailbox to Cumming Georgia. Not that the move isn't important news it's just not the kind of journalism Pulitzer Prizes are awarded for. Unfortunately, there isn't a lot of Polio news out there. No new treatment breakthroughs being announced, no miracle cures discovered. We do have articles about keeping us as healthy as possible and protecting our computers and expensive electronics. I've noticed some of us travelling more and more as we venture into retirement so there's even a travelogue of sorts in this issue. This is the third edition of the year with one more already in the works to round out 2012. Three down an' one to go!

Joe Drogan

**APPA wishes to thank the following
for their donations.**

Robert Urie
Myrna Whittington
(in Memory of Marie Latta)
Peggy & Gerry Peay
George Thompson

Thank You!!!!!!

medtrade October 16-18, 2012



Conference: Oct. 15 - 18, 2012 | Expo: Oct. 16 - 18, 2012
Georgia World Congress Center | Atlanta, GA

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This move was done to better serve our membership. This move allows easier, more timely, safer, and less costly access to our mailbox. APPA's policy has always been that at least two APPA board members handle the mail containing checks. Previously we've had our First Vice President make a trip to Atlanta to pick up the mail then either wait until the next meeting or mail it to our President who logs the checks and creates a deposit report. The checks and report are then mailed to our Treasurer who then makes the actual deposit. This involves one car trip and two mailings. Since both our President and Treasurer live very close to the Cumming post office and our 2nd Vice President lives nearby it made sense to move the PO box when it renewed. This way our President picks up the mail directly, processes it and can either put it back in the box for our Treasurer to pick up or mail it. This system makes for much faster processing of checks. In the past we have had questions from members about the length of time it took for a check to clear their account.

The post office will forward our mail from the old box for one year so the transition should be pretty painless. We will be mailing out a change of address notice to all members and other interested parties. Please make a note of this change.



APPA's New Mailbox!

Photo Credit: Joe Drogan



Di\$count\$



APPA NEWS knows times are tough!

It seems to cost more and more every time you go anywhere to buy anything. In keeping with our tradition of helping our readers any way we can we are pleased to present you with **The Discount List!** In this issue we have **Travel Discounts** for you. In future issues we'll have others. These haven't been verified but it never hurts to ask if they offer any senior discount!!

TRAVEL

- **Alaska Airlines: 10% off (65+)**
- **Alamo: up to 25% off for AARP members**
- **American Airlines: various discounts for 65 and up (call before booking for discount)**
- **Amtrak: 15% off (62+)**
- **Avis: up to 25% off for AARP members**
- **Best Western: 10% off (55+)**
- **Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)**
- **Cambria Suites: 20%-30% off (60+)**
- **Clarion: 20%-30% off (60+)**
- **Comfort Inn: 20%-30% off (60+)**
- **Comfort Suites: 20%-30% off (60+)**
- **Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations**
- **Dollar Rent-A-Car: 10% off (50+)**
- **Econo Lodge: 20%-30% off (60+)**
- **Enterprise Rent-A-Car: 5% off for AARP members**
- **Greyhound: 5% off (62+)**
- **Hampton Inns & Suites: 10% off when booked 72 hours in advance**
- **Hertz: up to 25% off for AARP members**
- **Holiday Inn: 10%-30% off depending on location (62+)**

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- **Hyatt Hotels: 25%-50% off (62+)**
- **InterContinental Hotels Group: various discounts at all hotels (65+)**
- **Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)**
- **Marriott Hotels: 15% off (62+)**
- **Motel 6: 10% off (60+)**
- **Myrtle Beach Resort: 10% off (55+)**
- **National Rent-A-Car: up to 30% off for AARP members**
- **Quality Inn: 20%-30% off (60+)**
- **Rodeway Inn: 20%-30% off (60+)**
- **Sleep Inn: 20%-30% off (60+)**
- **Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)**
- **Trailways Transportation System: various discounts for ages 50 and up**
- **United Airlines: various discounts for ages 65 and up (call before booking for discount)**
- **U.S. Airways: various discounts for ages 65 and up (call before booking for discount)**



Editors note:

Many thanks to **Barbara Reynolds** for letting me know about these discounts!!

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.

About Organic Foods

By Joe Drogan

There's a new study out from Stamford University saying foods organically grown were, on average, no more nutritious than their conventional counterparts. Add to that the fact that they are a good bit more expensive and you begin to wonder if they are worth it. I think they missed the point. I, at least, never thought they did have more nutrients. I merely thought they were grown without the use of pesticides and things like steroids and antibiotics. Probably as important when considering the nutrient content of fruits and vegetables is the freshness of them. I've heard that a strawberry, for example, begins to lose its vitamin content the second it is picked! Hmmm makes me wonder when I buy some fruit from Chile how the heck long has it been since it was actually picked? I mean even if our farmer, let's call him Alejandro, picks the strawberry, runs back to his truck, jumps in and drives immediately to the airport, loads my strawberry on his plane, hops in the cockpit and flies directly to Atlanta Harts-



field-Jackson, deals with security, unloads the strawberry into the rental truck and drives it directly to my Kroger, unloads it and the produce manager puts it out on the floor and calls me to tell me it's in. I, then, interrupt writing this article and drive over to the store, buy it and get it home how long does all that take? You get the idea. It might be a while and my strawberry has got 4,733 miles on it to boot! Makes me want to start a garden and eat my meals out there in it. As you can see you, or at the very least I, can get carried away about this stuff. But what's the reality of the situation? Here's my take on it. I try and do the best I can to eat fresh food. I eat as much organic food as I can reasonably afford. I try and watch my food inventory. It makes no sense to buy organic strawberries if they get forgotten in the fridge until they go bad and have to get tossed out. For us Post-Polio survivors the less pesticides we ingest the better. According to Dr. Frederick Maynard "Organic foods should be considered since post-polio nerves may be more sensitive to the neurotoxic effects of pesticides." See APPA NEWS 2010 4th qtr page 12 "Ask Dr. Maynard" for more information. The back issues of [APPA NEWS](#) are on the APPA website. It still is healthier to eat non-organic fruits and vegetables than to not eat them at all. But what

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Organics Recommended		Organics Less Important	
Apples	Grapes	Onions	Cantaloupe - domestic
Celery	Spinach	Sweet Corn	Sweet potatoes
Sweet bell peppers	Lettuce	Pineapples	Grapefruit
Peaches	Cucumbers	Avocado	Watermelon
Pears	Blueberries – domestic	Cabbage	Mushrooms
Cherries	Potatoes	Sweet peas	Bananas
Red Raspberries	Green beans	Asparagus	Broccoli
Strawberries	Kale/Greens	Mangoes	Cauliflower
Nectarines – imported	carrots	Eggplant	Papaya
		Kiwi	



about the increased cost of organics? Here's some help there. For one thing it's suggested that the items that have a thick skin are less prone to absorbing pesticides. It's been suggested that a drop or two of dishwashing detergent in a bowl of water used to wash them, with a good rinse off afterward, removes even more of the contaminants. There are vegetable wash products available too. I recommend you use an environmentally "friendly" detergent for this. It makes sense to not wash off pesticides with a detergent that contains dangerous chemicals! Some items are much more heavily sprayed than others. Maybe it depends upon how much bugs like to eat them. That may explain why carrots and potatoes are on the recommend list even though they grow underground. Or maybe they get sprayed after being harvested. Take a look at these lists of foods where organics are recommended and not so important. I wonder if as time goes on will more items make their way onto the recommended list. You could cut these out and put them with your grocery list and coupons.

Eat well and be healthy!

The information provided herein represents what the authors believe they heard during presentations at **APPA**. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor **APPA** assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

Networking

Ask Dr. Maynard



Frederick M. Maynard MD

Question: *I've asked my doctors in the past about PPS, and they indicate that at my age – 65 – it is highly unlikely that I could develop PPS since it has been so many years since I contracted polio. Do you have any statistics on PPS occurring 60 years after having polio?*

A: I am unaware of any statistics on the average age when a diagnosis of PPS is made using the 2001 March of Dimes criteria for this diagnosis. Many studies have described the age at first onset of symptoms” and generally this has been 25 to 35 years after the (acute) polio.

The average interval of years since polio to onset of new symptoms has been reported as longer for the symptom of new weakness in previously unaffected muscles (42.6 years) compared to previously affected muscles (34.4 years). But among polio survivors not hospitalized at the time of polio onset, the average age of new weakness was 59.3, +4.7 years, and 55.8, +10 years, for muscles previously unaffected or affected respectively (see Halstead et al, in Late Effects of Poliomyelitis, Symposia Foundation, 1985). Therefore having the onset of PPS symptoms 60 years after polio certainly can occur.

Probably most medical experts on PPS believe some new weakness is inevitable among aging polio survivors. What may be unusual is

for someone to reach age 80 or more without already recognizing some new weakness AND without another non-polio related health condition that produces new weakness. The three greatest risk factors for developing PPS are severe initial involvement, greatest amount of recovery and chronological age (older) – none of which can be altered. This is why education about EARLY recognition of symptoms and prompt management of them (including rehabilitation interventions) are the best way to slow progression and maintain functional abilities needed for a high quality of life.

Question: *My physician retired, and my new primary care doctor is “reevaluating” everything. I am nervous because he is questioning my medications, and I am not sure he understands my history. Can you help me understand his approach and offer assuring advice as he and I get to know each other? I am especially concerned about my new doctor’s making me reduce the pain medications I need.*

A: For a new primary care physician to want to “re-evaluate everything” about

Continued on next page

your health is a good thing because it means he/she cares enough about you to try and understand all your past and current medical problems and to gain a sufficient level of certainty that current conditions and symptoms are being optimally managed. I would encourage you to look forward to a re-evaluation as a chance for you also to review and possibly learn more about your own conditions – and to possibly teach another physician about the late effects of polio.

Reviewing all your medications taken with any regularity, especially those requiring the new doctor to authorize by prescription, is an essential part of this review. Medication use can be considered in four general categories: 1) *Required*, as necessary to treat a serious (potentially life-threatening) condition; 2) *Recommended*, as probably helpful to treat a serious condition; 3) *Useful*, to prevent recurrent symptoms (non-life-threatening); and 4) *Useful*, to treat/reduce episodic symptoms (written as *prn* – *pro re nata* – meaning use as needed).

Patients are frequently anxious about having unfamiliar new medical providers change medication use in the last two categories, and yet these are the categories where there is the most misuse of medications and the greatest potential to make beneficial changes. Frequently, medications for a non-serious condition, such as persis-

tent heartburn, are continued for years although the condition is not usually a life-long, permanent or persistent problem and there are many lifestyle changes possible to prevent the symptoms.

Your concerns about changes in pain medication prescriptions is understandable since only you experience your pain – it cannot be seen or measured by others. Nevertheless, regular pain medication use does lead to physical and psychological dependence and sometimes addiction. Pain medications also all have some negative health side effects, and it is important that they are regularly reviewed – by both familiar and new providers.

Post-polio pain problems are often complex, greatly varied in causation and rarely life-threatening. They can be treated, managed and prevented in many different ways and, therefore, are ideal for periodic review in the hope of finding new, more-effective and/or safer methods. In my opinion it is almost always preferable for a person's long-term health to use nonpharmacological methods of pain control and especially to avoid the use of opioids, the most habituating pain medications, for non-malignant pain problems. Please try your best to embrace your new physician's re-evaluation for what may be "new thinking" about your "old problems" that may lead to better solutions.

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**Send your questions
for Dr. Maynard to
info@post-polio.org.**

Tech Bits & Bytes

By Joe Drogan

FLASH...BOOM!!! ...Uh Oh! Not again? **THE POWER WENT OUT!** If it doesn't come back on soon you'll be stuck holding that stupid flashlight all night too. Sound familiar? I've heard that commercial at least a hundred times lately. Well this isn't about something as innocuous as a simple power outage this is Tech Bits & Bytes (TB&B) and we talk about serious stuff - like protecting your computer against surges, brownouts and service interruptions. I'll start with a short story about APPA and power outages. Our last board meeting occurred on an evening fraught with thunderstorms. It was a conference call meeting. The storms moved in about halfway through the call. I had a weather map up on my computer and since I know where all of the board members live I could watch as one by one they got knocked off of the call. We were pretty much able to complete our business but one member had a computer and phone system get pretty screwed up because of it. So what can we do to protect our computers? At the very least you should have a surge protector strip like this.



There are a fancier ones out there too so how do you know what to buy? Some things to consider. ANY protector is better than none! If nothing else, when your computer, monitor, modem, and router are plugged into one you can easily unplug everything by pulling one plug. That is absolutely the best protection in a bad storm and you can shut your whole system off with one switch saving electricity. The number of "joules" the strip has the bigger surge it can absorb. This falls into the "you get what you pay for" category. Buy as much as you can afford. Nice features include widely



spaced outlets that allow those darn transformer boxes to be plugged it next to one another without taking up a outlet and a half. They also make them with rotating outlets. Another nice feature is phone/DSL line protection. Back in the "good ol' days" I had a box of old internal

phone modems that had gotten fried by a simple small surge on the phone line in a thunderstorm. Yeah, I kept them in a box instead of just tossing them. Depression era parents instilled me the "never throw anything away" mentality. I do a little better these days but still have a car radio for a '53 Buick and I have never even ever owned a '53 Buick nor do I ever intend to. The phone line protection is great for protecting printer/fax machines. They also come with coax cable protection to protect your cable or satellite boxes. Some of them even have a timer that can turn off your whole system at the end of the day. The prices on these range from around \$10 on up. The more features they have and the higher joule rating affects the price. For inquiring minds a joule is defined as the work required to

Continued on next page

produce one watt of power for one second, or one "watt second" (W s) (compare kilowatt hour). Like you really needed to know all that! All you really need to know here is that the more joules a unit has the more protection it offers.



You will also see uninterruptible power supply (UPS) boxes with surge protection like these. These are made by

CyberPower, APC, and others. The cool part about these is they provide battery power during an outage. Ever notice that your laptop keeps going when the lights go out. That's because when it's plugged in

it can switch to the battery quick enough to not miss a beat! With a UPS your desktop computer stays up during the outage too. How long your system stays up depends upon the size of the UPS and the power draw of your system. If you use a 50 inch monitor and a pc with twin video cards, three hard drives, and a 1000 watt power supply it ain't gonna last too long on batteries. On the other hand a netbook can last 45 minutes or so even after it's internal battery quits. Generally speaking the larger the cost of the UPS the larger the capacity of the batteries in them. Some UPS systems have software with them that can shut down Windows in a controlled fashion in your absence. The best feature however is when you haven't done a "save" recently on that important article you're writing for [APPA NEWS](#) and the lights go out you get a chance to save it and shut down gently. They cost from \$50.00 on up an average home use one is around \$125.00. Datacenters use million dollar ones with diesel generators and all that. Many years ago during a long night at work the lights went off. My old mainframe terminal stayed up though. Cool. I figured best thing was to do a save and get logged off....kinda hard to do in the dark when you can't see the keys. I don't touch type, these ol' polio fingers type ok they just can't spel so gud [sic] if I can't see the keys.

Bits & Bytes...Bits & Bytes...Bits &
Bytes...Bits & Bytes...Bits & Bytes...Bits
& Bytes...

LOGOFF!!!!

Yeah, black screens with little green letters and numbers. Brings back memories.

Bottom line is go out and get at least a \$20.00 strip protector and plug your desktop into it. They are sold anywhere they sell TV's or computers. They are great for that \$2500 big screen TV, stereo, and surround sound system too. I've got an old small UPS box I'm gonna plug my satellite receiver into so when the lights blink for 1/10 of a second the stupid thing doesn't have to take 15 minutes to re-boot. Now *that's* progress.

Until next time - **Happy Computing!!!**



A side note: If you have electronics that you need to throw away Best Buy will take them for free and recycle them keeping scary stuff like mercury out of the landfills. The only time they charge is for tv's and monitors in which case the charge you \$10 but give you a \$10 Best Buy gift card.

MEMBERSHIP IN APPAReturn TO: **APPA, P. O. Box 245 Cumming, GA 30028****DATE** ___ / ___ / ___Make checks payable to: **APPA**Individual ☐ \$20 Family ☐ \$40 Corporate ☐ \$75 Lifetime ☐ \$400 Additional Contribution _____

Name (s) _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

Please **CHECK** one.

- ☐ I am a new member. ☐ I am renewing my membership.
- ☐ I've already sent my tax-deductible annual membership contribution, but my contact information has changed as shown above.
- ☐ I am unable to contribute at this time but would like to receive the **APPA NEWS**.

Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters and advocacy. APPA is a 501(c)3 non-profit corporation. All contributions are tax deductible.

We need you! Would you be willing to serve **APPA** in any of the following areas?

- | | |
|--|---|
| <input type="checkbox"/> Membership outreach (phone calls to shut-ins) | <input type="checkbox"/> Newsletter (write articles, proofread) |
| <input type="checkbox"/> Public Relations | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Database assistance | <input type="checkbox"/> APPA phone tree help |
| <input type="checkbox"/> Planning a conference | <input type="checkbox"/> Assist with social events |
| <input type="checkbox"/> Assist with answering APPA phone line | |

Llp/10-2006

2012 APPA EVENTS

November 3

Annual Business Meeting followed by an open discussion of member concerns.

December 1

Christmas Party - Maggiano's Little Italy
at Perimeter Mall - Atlanta, GA



Atlanta Post-Polio Association

Atlanta Post-Polio Association, Inc.

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FREE MATTER FOR
THE BLIND OR
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Look for us.....we're on the web.

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APPA NEWS

A Special Thank You to Members Who Contribute Their Time and Talent

Barbara Reynolds	APPA Webmistress!!
Barbara Forest	Very Special Arts Ticket Coordinator
Charlotte Terry	APPA Outreach
Myrna Whittington	APPA NEWS Writer
Cheryl Hollis	APPA NEWS Writer
Vicki Crowell	APPA NEWS Writer
Alice Felton	APPA NEWS Proofreader
Karen Rader	APPA NEWS Proofreader
Gene Seay	APPA NEWS Proofreader

It takes lots of little jobs, as well as big ones to keep **APPA** going. You do not have to serve on the Board of Directors to contribute. Please consider volunteering and helping us out.

Thanks, Your **APPA** Board

Atlanta Post-Polio
Association

APPA NEWS

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