

◆ APPA News ◆

The Newsletter of the Atlanta Post-Polio Association

Volume 17 Issue 3

www.atlantapostpolio.org

July—September 2002

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APPA News is published quarterly by the Atlanta Post-Polio Association. Please address all correspondence to:

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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

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Articles for next issue of APPA News are due to the editor by October 31, 2002. E-mail editor.APPANews@mindspring.com.

President's Message

What an exciting summer it has been. We've been busy making plans for our many events coming up this fall. We've worked hard to make sure that we have something interesting each month for APPA members.

In September Dr. Ann Gawne is coming to speak to us on Exercise and The Post Polio Patient. She is the Director of the Post Polio Clinic at RWSIR in Warm Springs. Dr. Gawne worked with

Dr. Halstead in Washington, DC prior to moving to Georgia. A major focus of her work has been exercise and its benefits in post polio patients. It is exciting to have two authorities on the subject coming to speak to APPA this fall.

In October we will host our annual business meeting. In an effort to encourage better attendance than last year, Peggy Peay has a load of door prize giveaways and special refreshments planned. In addition, and since our July meeting was so well received, we are going to have a repeat session on "How to Cope with Chronic Disability". Dr.

Steve Shindell, previously a staff psychologist at Shepherd Center, will lead us in another lively, interactive session. Dr. Shindell is in private practice in the Buckhead area. He brings years of experience working with people with long-term disabilities.

In November Dr. Lauro Halstead will be with us for a one-day conference, "PPS Into the 21st Century". This is the event of the year. I cannot say enough about this wonderful speaker. He will share his personal story

"How to Cope with Chronic Disability". Dr. Steve Shindell will lead us in another lively, interactive session following the October Business Meeting

of recognizing and dealing with PPS in his own life. In addition, he will share some interesting new "mouse" research on PPS. His plan is to unveil a new video during our meeting on this collaborative research project. Registration information can be found elsewhere in this Newsletter. For a nominal fee you can hear this internationally renowned speaker. Continental breakfast, lunch and conference materials will be provided.

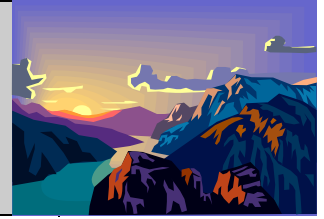
In December we will have our annual Holiday party. By popular demand APPA is returning to

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thoughts

A potpourri by Myrna Whittington



Oh I am so grateful this summer! With a physician who was not-too-thrilled about this idea, and weak trunk muscles (you know how our 'tude goes, "Yes, I AM going to do this!"}, and so went the trip to Dingman's Ferry, Pa up in the mountains of the Delaware water gap (1000 mile, one way), to attend a grandson's HS graduation. But not only that but on the SAME Day of Graduation, the baby grandson turned the big "2".

I mean who could miss this? Since the young grandson and daughter flew in from Omaha to be there. Oh Lordy! to be there at our other daughter's house after 14 years, to sleep with fresh clean air and a babbling brook in the woods, to freeze my bottom and feet off in early June, when I packed shorts! (was 92 when we left Atlanta), totally forgetting how cold it can be up there in early June, borrowing socks and flannel shirts and sweat pants (the heck with my elegant wardrobe I brought). To be on the beautiful deck, one with the forest behind me, shivering, and ever so glad when the birthday/graduation candles were lit on the cake, hovering over it to admire and get warm from the candles.

Ahhh! To be home again. On the trip up, taking the Chesapeake Bay Ferry and landing at the N.J. shore, getting down to kiss the

earth to be back and gathering a Baggie full of sand to take home. Later finding out my Aunt Dot was distressed and called my friend Janie--"Doesn't she know, she can be arrested for taking sand??"

Ahhh, To be home, no matter that things have changed, no matter that there was a serious fire on the Garden State Parkway and they closed it. We traveled on a dark, two-lane road at one mile an hour, no pit stops, no gas, but lots of Stretch Limos in line too, going to Atlantic City, Even though my husband was NOT thrilled, I was fascinated, UNTIL my thoughts strayed to a bathroom, please a bathroom.

Never mind after finally finding My Aunt Dot's home (after 6 hours for a one-hour trip), never mind that she saved out dinner and was tired. Leaving the next day, never mind that I left my Jewelry (for the Graduation) there, DUMB, DUMB!!

On the way home (DUMB, again) we took just about the whole length of the Blue Ridge Pkwy. home, twisting roads (weak trunk muscles), one more mountain to see (can I breathe from the effort of sitting up?-"I am strong, I am Woman", ran through my head). At the Altitude of 3150 feet, we stopped and I got out of the van and looked at the view and, said "I am Woman, hear my ROAR"), I

am here on top of the world! Than I sank down in my seat for the rest of the ride, smiling!

Stopping to see Kevin's Paw Paw's farm in the Blue Ridge Mountains., I was determined to meet the "Whittingtons" living there, but my husband said, better not, they have rifles, and even though we are distant relatives, they do not know us. Uh-OH, probably big dogs, too. So much for meeting Family!

A month after the trip, (I made it!). I proceeded to fall flat on my behind, nearly breaking my ankle and leg. Was it worth it? You Bet! I "m packing tonight to do it all over again.

Conference

The One-Day Conference in November is swiftly approaching and you'll want to take advantage of the discounted advanced reservations for this informative and interesting seminar featuring one of Post-Polio's primary researchers, Dr. Lauro Halstead.

A copy of the brochure is included on pages 3 and 4, and a review of Dr. Halstead's latest book is included on page 8. We hope to have copies of his book for the November Conference.

Preregistration

Form

For additional information, please contact lindaleepriest@earthlink.net, 404-471-1180 or our web site at www.atlantapostpolio.org

Enclosed is my check for \$_____ for _____ registration(s) **please show all names below**
 Make checks payable to APPA, PO Box 250566, Atlanta, GA 30325

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The Atlanta Post-Polio Association was organized in 1985 and is a support group dedicated to ministering to the needs of polio survivors. We have monthly educational meetings, monthly support group meetings, a quarterly newsletter, and quarterly social outings. Consider joining today and please check out our website at www.atlantapostpolio.org for additional information.

PPS into the 21st Century
A One Day Seminar
featuring
Dr. Lauro Halstead
November 2, 2002 Shepherd Center, Atlanta

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A One Day Conference on Post-Polio

LAURO S. HALSTEAD, M.D., M.P.H.

Lauro S. Halstead is Director of the Post-Polio Program and former Director of the Spinal Cord Injury Program at the National Rehabilitation Hospital and is Clinical Professor of Medicine at Georgetown University School of Medicine, Washington, D.C. He has worked in the field of Rehabilitation Medicine for more than thirty years as a clinician and researcher. Dr. Halstead has been instrumental in helping identify, define and promote a better understanding of the late effects of polio among health care professionals and polio survivors. He is also internationally known for this work and contributions in the area of male spinal cord infertility. Dr. Halstead has written or edited six books and published more than one hundred articles and chapters in the areas of spinal cord injury, post-polio syndrome, team care and rehabilitation philosophy. He has received numerous awards and honors including the John W. Goldschmidt Award, William A. Spencer Lectureship, Baylor College of Medicine, Distinguished Lecturer,

Spaulding Rehabilitation Hospital, Boston, Keynote Lecturer, The Swedish Society of Medicine, Stockholm, and the Edward Lowman and John Stanley Coulter Awards from the American Congress of Rehabilitation Medicine.

Agenda

9:30-10:00	Continental Breakfast and Registration
10:00-10:30	Welcome Linda Priest Introduction Dr. Leslie
10:30-12:00	“Living with PPS: A Personal Perspective” Dr. Lauro Halstead Lunch (provided)
12:00-1:00 1:00-2:30	“What’s New in PPS Research”—Dr. Lauro Halstead
2:30-2:45 2:45-4:00	Break Q&A Session Dr. Lauro Halstead Dr. Donald Leslie

A variety of rehab equipment vendors will exhibit throughout the day.

Registration Info

Pre-Registration

- \$20 APPA members
- \$7.50 Additional APPA Family Member (must register at the same time)
- \$30 Non-members

After 10/5/2002

- \$30 APPA members
- \$40 Non-members

Registration includes Continental Breakfast, Lunch and Conference Materials

Limited scholarships are available. Please include request for any special accommodations other than wheelchair access.

Hotel Info

The following hotels are near Shepherd Center

Hawthorne Suites	(404) 352-3131
Homewood Suites	(404) 365-0001
Sleep Inn	(404) 949-4000

Mention Shepherd Center when registering for a reduced room rate

ACCESS ABILITY

By Linda Priest

The Department of Justice continues to resolve *Americans With Disability Act* cases by means of formal written settlement agreements. The following will give you some idea of how powerful and far reaching this kind of action is:

After a complaint was filed against **Winn Dixie, Inc.** in Jacksonville Florida, Winn Dixie, Inc. agreed to issue an ADA service animal policy and distribute it through a new edition of its compliance manual to staff at over 1150 stores. They agreed to train their management officials at the Orlando store to ensure that staff carry out the policy.

After a compliance review, the **White House Theater**, Branson, Missouri agreed to take steps to increase accessibility to its facilities, including restriping the parking lot, providing accessible ticket and concession counters, providing accessible drinking fountains and pay phones in the theatre lobby, installing accessibility features in the men's and women's public toilet rooms, installing 20 new designated wheelchair accessible seating areas and fixed companion seating in the auditorium, implementing new

ticketing policies so that designated accessible seating is held for customers with disabilities until all other seats are full, and renovating backstage dressing rooms and restrooms so that they are accessible to performers with disabilities.

The organizers of the **New Orleans Jazz Fest**, an annual spring outdoor music festival, agreed to ensure access to all aspects of the festival by providing accessible wheelchair and companion seating locations in all performance areas. In addition, they lowered food counters; created accessible routes throughout the grounds; created accessible parking and transportation; and installed accessible portable and permanent restrooms.

The Department of Justice also uses Informal Settlement Agreement to resolve claims. In some instances the entity, when notified by the Department of Justice, will promptly agree to take the necessary actions to achieve compliance. In others, extensive negotiations are required. Following are some examples of what has recently been accomplished through informal settlements.

- (1) An **Oregon** city hall was inaccessible and the city agreed to install an accessible entrance ramp, remove the inaccessible city council dais and add an accessible parking space.
- (2) A **Missouri** city's offices and facilities were not accessible and the city agreed to install a ramp, provide and accessible entrance and parking, and raise the sidewalk in front of the historic community hall to make it accessible.
- (3) A **Nebraska** county courthouse was not accessible and the county agreed to provide accessible parking, entrances, drinking fountains, and restrooms on each floor of the courthouse. The county also agreed to provide accessible hardware for interior courtroom doors, an accessible route in each courtroom from the gallery to counsel tables, and accessible seating areas in each courtroom gallery.
- (4) A wheelchair user complained that an **Indiana** restaurant was inaccessible. The restaurant provided accessible parking by restriping the parking lot, installing an accessible ramp into the facility with edge protection, installing accessible

THIS IS NEWS THAT
YOU CAN USE.

(Continued on page 6)

ACCESS ABILITY

For the Directory

NEW MEMBERS

William Reed

1830 McDowell Road
Glencastle, PA 17225
717.597.5341

Helen Huguley

2660 Peachtree Road
Unit 39G
Atlanta, GA 30305
404.842.0488

NEW LIFE MEMBER

Dr. Donald P. Leslie

CHANGES

Jo Caywood

478.477.0771

Petty Power

Doug Power

721 Mote Road
Carrollton, GA 30117
770.403.1198

Lauri S. Hunter

203 Calibre Woods Drive
Atlanta, GA 30329
404.315.8864

Sylvia Gray

417 Highland Lake Circle
Decatur, GA 30033
404.417.1180
sylvia241@msn.com

George Moore

Marie Moore

770.887.1512

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hardware on the entrance door, posting signage at the accessible restrooms, repaving the sidewalk on the accessible route, and repairing the curb cut.

- (5) After negotiations with an **Ohio** nightclub, the owners modified the restroom facilities and installed an appropriate number of accessible parking spaces, including a van-accessible space.
- (6) A wheelchair user complained that a **Florida** sightseeing company's vehicles were not accessible. The company purchased an accessible van and revised its brochure to publicize the system for reserving the accessible van.
- (7) After a complaint, the owner of a **Tennessee** apartment complex agreed to install accessible parking spaces and a curb ramp on the route to the rental office and a van-accessible parking space at the pool.

President's Message

(Continued from page 1)

Maggiano's. Plan to join us the first Saturday in December for a delightful afternoon of music, gifts and delicious food. Bonnie Bonham is in charge of the affair this year. A big thanks to Bonnie for taking over this responsibility. Look for additional information in future newsletters.

In addition to the above, I hope that you will take advantage of the MedTrade Show that will be here in Atlanta starting October 29, 2002. For \$10 you can go to the Georgia World Congress Center and see virtually every kind of rehabilitation equipment in the world. If you have never been to a MedTrade Show, I highly recommend it. It is a great way to test equipment and check out what's new on the

market. The Atlanta MedTrade Show is the largest of its kind in the world. Call 1-800-933-8735.

A final thought, please make every effort to attend the first portion of our October meeting so that you can be a part of the decision making process of APPA. There are six positions open on the Board. Our Nominating Committee will present a slate of nominees. Additional nominations will be accepted from the floor and an election will take place. After the election of Board Members, we will have an open discussion about what is right and what is wrong with APPA. We need your input. I hope to see you there.

Linda Priest

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For the Directory

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Cheryl Brackin

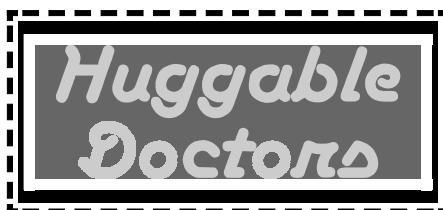
103 Grey Oak Court
Savannah, GA 31419-3506

Inge Thomas

404.315.0509

Lucile Anderson

404.231.7407



Doctors who show warmth and reassurance when dealing with patients may have better treatment outcomes than their colleagues who keep patients at emotional arm's length.

One study on the influence of the doctor-patient relationship in health care found that physicians who showed empathy and acknowledged patients' fears and anxieties were more effective than doctors who maintain a more formal manner.

According to the study's lead author, "doctors can offer social support to patients, give them a safe space to open up and discuss their problems, and reassure them with a diagnosis or a treatment, thereby relaxing them and lowering their anxiety. All of these ingredients have been linked with immune function."

Source: *the Lancet*, Vol. 357, Pg. 757

APPA Meetings and Calendar

SEPT 3 Yoga Classes resume in Callaway Room
1:30 PM

SEPT 7 Monthly Meeting in Shepherd Auditorium. Dr. Anne Gawne, Director of Warm Springs Post Polio Clinic, Guest speaker "Exercise and Post Polio Syndrome" 10:00 AM

SEPT 18 Support Meeting in Callaway Room 2:00 PM

SEPT 21 Board of Directors Meeting in Shepherd Auditorium 10:00 AM

OCT 3 Rehab Equipment Show in Orlando, Florida

OCT 5 Annual Business Meeting and door prize give away in Shepherd Auditorium 10:00 AM. Following the business meeting, Dr. Steve Shindell will lead us in another lively, interactive session entitled "How to Cope

with Chronic Disability".

OCT 16 Support Meeting in Callaway Room 2:00 PM

OCT 29-31 MedTrade Show at Georgia World Congress Center

NOV 2 "PPS Into the 21st Century" A One-Day Conference featuring Dr. Lauro Halstead from the National Rehabilitation Hospital in Washington, DC Shepherd Auditorium 9:30 AM (registration required)

NOV 16 Board of Directors Meeting in Shepherd Auditorium 10:00 AM

NOV 20 Support Meeting in Callaway Room 2:00 PM

DEC 7 Annual Holiday Party at Maggiano's (registration required)

Schedule for 2003

January 11
February 1
March 1
April 5
May 3
June 7
July 12

August 2
September 6
October 4
November 1
December Holiday Party
(tba)

Managing Post-Polio: A Guide to Living Well with Post-Polio Syndrome

Edited by Lauro S. Halstead, MD

Do you have Dr. Halstead's most recent book?

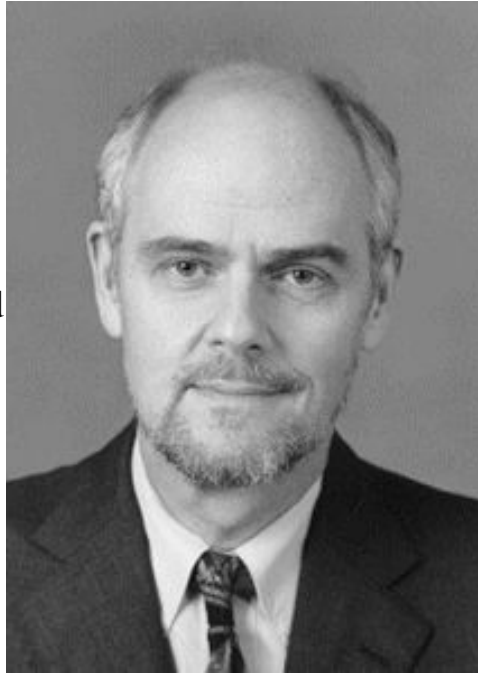
The following is Amazon.com's review of this important work.

We hope to have some for sale at our November conference.

The editor is director of the Post-Polio Program at the National Rehabilitation Hospital in Washington, DC. Having done extensive research on the diagnosis and management of post-polio syndrome (PPS), a neurologic disorder that affects polio survivors, he has compiled a guide that summarizes in lay terms relevant medical findings from the last 15 years and illustrates how to apply those findings to daily life. Among the contributors are physicians, counselors, and psychologists, most of whom are polio survivors. Collectively, they provide authoritative yet practical information resulting from a combination of profes-

sional knowledge and personal experience.

A comprehensive array of topics are addressed: the diagnostic process, finding expert medical care, energy conservation, psychosocial aspects of disability, support groups, vocational strategies, managed care concerns, Social Security benefits, and Internet resources. The text is supplemented by a concise list of additional reading and resources as well as contact information for national associations. Another excellent feature is the appendix, comprising personal essays by successful scholars and professionals who have survived polio. Highly recommended for all consumer health and public library collections.



Dr. Lauro Halstead

Yoga Classes start September 3

in the Shepherd Center Callaway Room at 1:30 PM. Heather Reed will be with us to teach modified Yoga positions and relaxation/meditation techniques. Dates for the rest of 2002 are as follows: September 3 & 24, October 8 & 22, November 6 & 26, December 10.

Cost is \$14 per person, per session or \$80 for all sessions until the end of the year. Spouses and family members of PPSers are welcomed. **Registration is required.** Please call 404-636-2049 or email your information to lindaleepriest@earthlink.net

New in the APPA Library

The Polio Paradox

Dr. Richard L Bruno
©2002

Patty slowly limped into my office, leaning heavily on a walker. Her husband followed behind, also seeming to limp, weighed down by shopping bags filled with years of medical records and pounds of X rays. Patty collapsed into a chair. Small and slender, she looked much younger than her fifty-eight years. Black hair framed a pale face showing fatigue, pain, fear, and anger. She fixed me with dark eyes that filled with tears as she said, "I don't want surgery, again!"

I handed Patty tissues and, as she cried, I began looking through her ream of medical reports. During two long years she had had the proverbial "million-dollar workup." Her family doctor started with the standard blood tests and chest X ray, even a virus culture and test for Lyme disease. When all results came back negative, Patty was shipped off to local specialists, where the exotic testing began. The new test battery read like a Wall Street ticker: ANA, ACE, ANCA(C), ANCA(P), MMA, PE, RPR, SPEP. When these re-

sults, too, revealed no physical illness, Patty was asked the inevitable question: "Do you think you're depressed?" "Of course I'm depressed," she told the doctors. "I'm exhausted all the time. I can't stay awake during the day, but I can't sleep at night. I have trouble swallowing. My legs burn and aren't strong enough to take me from one end of the house to the other. And my low back always hurts."

Ah! Low back pain. Now that was something the doctors could deal with. So Patty began a new round of studies with a new batch of specialists. She had CAT scans of the chest, abdomen, and pelvis. Somatosensory evoked potentials. MRIs of the brain, neck, and upper back—and, eureka, they found something! Patty had a herniated disc in her neck. Excited by finally finding something abnormal, the doctors sent Patty to the most prestigious university teaching hospital in Manhattan. There she underwent painful studies reminiscent of tests performed on her when she'd had polio. She had a spinal tap, a myelogram in which dye was injected into her spinal fluid, and another MRI, this time with dye injected into her blood. These tests confirmed that she had a herniated disc in her neck but did not explain her exhaustion, her trouble sleeping, swallowing, and walking, or even her low back pain. Yet the neurologist recommended another MRI and a consultation with a neurosurgeon to discuss

removing the herniated disc, despite the fact that his report stated he could not blame any of her symptoms on that disc.

Not one of nearly a dozen doctors took into account the simple fact that Patty had had polio. "I told them all," she said. And sure enough, in each and every doctor's report was the same sentence: "History of childhood polio." Even if Patty hadn't told them about the polio, it was obvious. Just by watching her walk it was clear that her left leg was much shorter, smaller, and weaker than her right. I asked how her odyssey of doctor visits and medical tests had begun. Patty sighed and said, "I told the doctor my legs felt weak."

Leg weakness and burning muscles. Exhaustion. Trouble sleeping and swallowing. And, of course, back pain. How many polio survivors like Patty have I seen during the past twenty years? How many patients have come to The Post-Polio Institute after having the million-dollar workup that found "no medical cause" for their symptoms? How many polio survivors around the world have been turned away by doctor after doctor, being told that their symptoms were the result of depression or all in their heads? The answer is tens of thousands.

When I met Patty I couldn't help but shake my head and wonder what year it was. Was it

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New in the APPA Library

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1978, when no one in the medical community knew that polio survivors were having new symptoms: overwhelming fatigue, muscle weakness, muscle and joint pain, sleep disorders, heightened sensitivity to anesthesia, cold and pain, and difficulty swallowing and breathing? Was it 1984, before an article in *Newsweek* announced to America that polio survivors were experiencing "The Late Effects of Polio"? Was it 1991, before every orthopedist and rehabilitation medicine specialist in the country had received three special issues of the journal *Orthopedics* devoted to something called "post-polio sequelae"? Was it even 1995, before the New York Academy of Sciences published the proceedings of an international symposium on "post-polio syndrome"?

No, I met Patty in 2001, twenty years after hundreds of thousands of polio survivors had made clear, and more than fifteen years after the American medical establishment and even the federal government had accepted, that something was indeed wrong inside the bodies of those who survived polio more than forty years before. How could Patty's doctors not know this? How could they have treated—and not treated—her this way?

Patty's experience made me realize that she and all polio survivors are caught in a paradox:

Polio was thought to be a "stable disease." Once polio survivors recovered muscle strength after the polio attack, their physical abilities were supposed to remain for the rest of their lives.

However, contrary to this common belief, polio survivors' strength and abilities were ebbing away. Patty's exasperating, exhausting, and hurtful experiences with her doctors revealed a second painful paradox:

In the 1980s, doctors were ignoring and rejecting the same polio survivors whose plight had riveted the attention of the world's medical community and spurred it to action just thirty years before. It's unacceptable that in the year 2002 polio survivors like Patty are being forced to run such expensive, painful, and unproductive medical gauntlets. With twenty years of articles describing "The Late Effects of Polio," published in journals that include the *Journal of the American Medical Association* and *New England Journal of Medicine*, doctors have no excuse for treating polio survivors' new and disabling symptoms as indications of mental illness or rejecting them as a matter of faith, something in which doctors choose not to believe. With volumes of information now available on the Internet with a point and a click, no polio survivor should be told that overwhelming fatigue is "just a symptom of depression," that muscle weakness is "all in your

head," or that the late effects of polio "do not exist."

There is no question that polio survivors' new symptoms are real—and that there's no more time to waste in treating them. Half of North America's estimated 1.8 million polio survivors are in their forties, fifties, and sixties, at the peak of their careers, the apogee of their lives,

(Continued on page 11)



*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 families 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.*

www.gtradeonline.org

New in the APPA Library

(Continued from page 10)

and they are watching as new symptoms cause their ability to work and function ebb away. This need not happen! After two decades of research, we know why polio survivors are having new problems, and we know how to treat and manage them. It is time to set forth the facts—to set the record straight—once and for all.

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by Dr. Richard L. Bruno

For Sale: Toilevator installs under toilet to raise conventional toilet to safe height. This is an innovative/ attractive way to provide easy access to your toilet. \$50, never used.

Also for sale:

Jay2 Deep Contour Gel cushion (18" BY 16"). \$50, like new.

Sliding board \$10 Call 404-636-2049.



For Sale:

\$5,000. 94 Plymouth Voyager; one owner; good condition. Has Bruno lift, electric hatch closer,

hand rail to drivers seat. Amigo Scooter included.

Call Sylvia Gray 404-471-1180 or 404-317-6459

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- ☐ 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.

Very Special Arts

A benefit of APPA membership is the opportunity to attend art and entertainment events 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!



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.

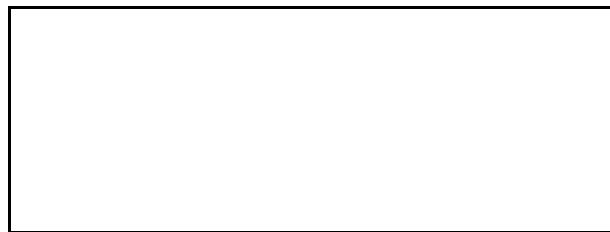
For your convenience, Irvin brings a small selection of books to each Saturday meeting for you to check out.



Post-Polio Peer Support Group *for polio survivors only* meets third Wednesdays from 2:00 to 3:00 p.m. in Callaway II Conference Room of Shepherd Center. **Mina Hong** of Shepherd Center is the facilitator. This offers the opportunity to share concerns with each other.

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.

We're on the web!
www.atlantapostpolio.org



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