

APPA NEWS

The Atlanta Post-Polio Association

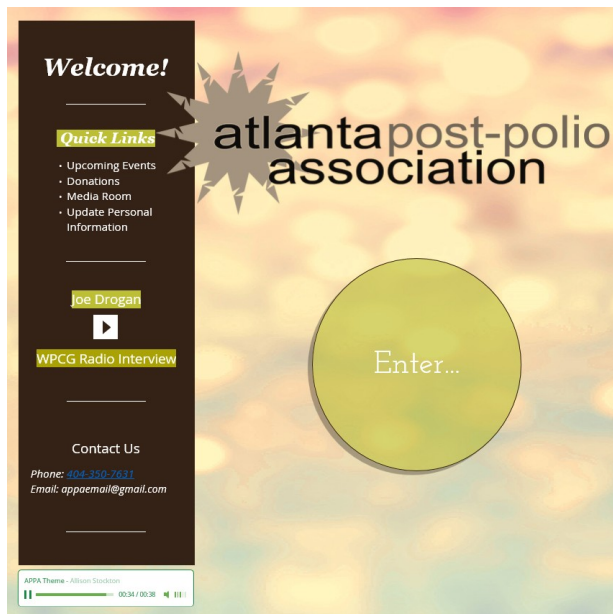
Volume 29, Issue 2

Summer/Fall 2016

Prepare For “The Launch”

By Carol Crumby

With any launch, preparation is key. This fact is certainly true in preparing to launch the new APPA website and brochure. APPA has set a launch date of February 4, 2017, our first APPA meeting of the New Year. Our goal is to simplify and enhance use of the website for our members and increase the usage of a broader audience. On that date, there will be a celebration with guests, including many of our partners, family, friends and a panel of distinguished guests.



Preparing for “**The Launch**”, we know that it is necessary to organize, vet and reconfigure the existing system. Over the past year, the APPA board has charged the fundraising team with attracting users to APPA services. To do that, we know that access to APPA is critical.

APPA’s New Website!


Attraction is intentional. What tools do we have? The brochure and the website are tools

we need. How effective is the current website and brochure? How do people know about us?

In our research, we found that we needed to update the APPA brochure and website, so that they are relevant and current. Accepting the challenge, the fundraising

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Please don't forget to
make your annual
donation to **APPA**.
Thanks for your
continued
support.

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President's Message

Repent, repent the end is near! I remember those guys on the street when my Auntie Helen would take me to New York City to see a Yankees game. They were the ones that looked a little rough around the edges wearing a "sandwich board" telling how the world was about to end. I remember asking her about it the first time we encountered one of them. She said "They have been predicting The End since I was a little girl and it hasn't happened yet." I figured she was pretty old, like 35, and been around a long time so she was probably right. But now I know it's more like those stock market gurus that predict a huge drop in the market. Sooner or later guess what, they're right! I was just hoping if they were right it would at least not happen until after the Yankee game. I really wanted to see Mickey Mantle hit another home run. The way the world is getting it seems more and more like we are spinning out of control. Seems as if there are more and more problems and less and less solutions. We can't seem to solve the simplest problems. I have a friend that's been through all sorts of hassles just getting a resolution to what turns out to be a pretty minor medical issue. I mean does it really take 6 days in the hospital and 5 doctors to diagnose a bleeding hemorrhoid? The whole situation can be somewhat depressing. I have found myself looking more and more for some reassuring or even good news out there. I have found one thing that's going to be very cool. For a while I've been saying that the driverless car is not only coming, but arriving way sooner than you think! Well we are just about there. The technology is there and it works. As with anything complicated there are things yet to be worked out. There will be glitches. Back when cars first appeared on the transportation scene they'd break down with regularity. People in horse drawn carriages would yell "Get a horse." Even not so long ago too. Ask anyone who's ever owned a Yugo. Tesla has been leading the way with not only a driverless car but a totally electric one as well. The electric cars will get better and better too. They had a fatal crash in a "Driver Assisted" Tesla a while back. A truck turned in front of it and apparently the sensors were blinded by the sun's reflection off of the truck and didn't react. Also it was alleged the driver was watching a video and not paying attention, and going 130 mph at the time. However another Tesla drove its owner to the hospital when he became ill and had trouble driving. I heard a rumor that a Tesla engineer said the AI, artificial intelligence, in the car will need to be improved. They had underestimated the stupidity of some drivers out there. But even with the glitches it's still coming. What I wonder about are the legal questions when it does arrive. Will you

need a drivers license? Can you be over the legal alcohol limit and be driven? Can you be asleep? Can you put on eye makeup while in one? Oh wait, that's already being done! But best of all I think are the possibilities for the handicapped community. Will we be able to do away with all the complicated hand controls? How about my friends no longer able to drive due to macular degeneration or simply because they got a little too old and don't see too well anymore? Wouldn't it be cool to get in your car and say "Take me down to Shepherd Center for the APPA meeting", sit back and relax, even in Atlanta traffic.

Maybe things aren't as bad as they seem. Even though the world seems kinda screwed up at times there are good things happening. Maybe it just requires me looking a little harder to find them. I, for one, will be one of the last guys to completely give up driving. It's still as much fun as it was the first time I drove. And for what it's worth I've been over 130 mph in a car and I assure you I was paying full attention to what was going on at the time. 😊

Joe Dragan - **APPA President**

From the Editor

As most of the **APPA NEWS** editions do this one has a story behind it. I thought this one would be a "slam dunk" because I had at least 6 pages in the bag due to it being all about "The Launch" of the new website. Ha, so much for the best laid plans of mice and men. It was decided to hold off the launch of the new website and brochure until February of 2017. A good decision given all the planning required for it but a real dilemma for an editor who thought he'd have 6 easy pages for this issue. I had to scramble to fill those pages. But fill them I did. The first issue of 2017 can now have a lot of coverage of the new website and brochure but also the big launch event scheduled for our February meeting. A great way to kick off the new year.

As for this issue, well it's got some website/brochure teasers. I had a request to repeat the PPS warning card article so they are in here. There's an article about the recent polio outbreak in Nigeria. I was turned on to a really cool website that has all manner of products to help handicapped, blind, and even so-called normal folks. There is a piece on the Georgia Division of Aging that we need to explore in more depth. Last but not least the usual puerile content in the Miscellany section. Happy reading.

Joe Dragan

Continued from page 1




Support, education, and fellowship
for Polio survivors, their families,
and all who have an interest in
Post-Polio Syndrome. APPA is
based in Atlanta and meets
monthly to share and learn from
experts and each other.
We invite you to join us!

APPA's New Brochure

committee extended its membership team beyond post-polio survivors, to family and friends, to explore the question - "How do people know about us?" - then develop solutions. We are ready to introduce the APPA brochure and are now at the place where we are fine tuning the website. Your input is essential.

Joining us as we prepare for **"The launch"** is Board Of Directors member Cheryl Hollis, 1st Vice President – Programs. At our September 10th meeting, our program will focus on who can use these tools and how effective they are for you, the members. The website will be presented for the purpose of vetting and reviewing potential uses. The introduction of the website to and feedback from various members of the community-at-large will occur September through November. At this time, we will ask various potential users how the website can be useful to them and get their feedback, as we refine it. This is our opportunity to seek input. Who do you know that can use this information? It could be your doctors, family, friends, orthotic shoe dealers who specialize in orthopedic shoes, those who build adaptive equipment, vehicle accessibility dealers, researchers, philanthropist and philanthropic organizations, and others.

We will keep you posted as we countdown to **"The Launch"**. Plan to be at the September meeting to see this exciting project emerge and be a part of it. Your input is essential.

If you have any questions, don't hesitate to contact us at

APPAprograms@yahoo.com.

Members of the fundraising committee: Cathy McIntire, Rita Carlson, Allison Stockton, Belinda Whitaker and Carol Crumby.

APPA Membership NEWS

Rita Carlson Gold Member

Carol Crumby Gold Member

Barbara Mayer Gold Member

David Jones Bronze Member

Maurine & Jim Dorsey Gold Members

James & Allie Harrison & Family Gold Members

Helen, Bobby & Bobby Jr Crenshaw

NEW Members

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

\$100

**Anonymous
Donation!**

Thank You!



Post-Polio Syndrome

Polio -- once one of the most feared diseases in America -- has nearly been eliminated, in the U.S., through widespread immunization with polio vaccine. However, the health impact of past polio epidemics is still being felt.

Many polio survivors are now experiencing new and disabling symptoms of Post-Polio Syndrome, a neurological disorder related to their earlier illness. In New Jersey alone, there may be as many as 50,000 survivors at-risk of having PPS.

Symptoms include fatigue, muscle weakness, muscle and joint pain, sleep disorders, heightened sensitivity to anesthesia, cold and pain, difficulty swallowing and breathing, and a decline in the ability to carry out activities of daily living.

Physicians should be alert for possible cases of PPS among polio survivors. These patients may need to be referred to rehabilitation specialists. Once properly diagnosed, PPS patients can also take steps to manage their health and preserve their ability to function.

ANESTHESIA WARNING!

I am a Polio Survivor...

- EASILY SEDATED, difficult to wake;
- Difficulty BREATHING and SWALLOWING with anesthesia;
- HYPERSENSITIVE to PAIN and COLD. Need heated blanket and increased pain medication post-op.

For more information, visit:

www.nj.gov/health/cd/postpolio/index.shtml

C1510



I am a Polio Survivor with
Post-Polio Sequelae (PPS)
unexpected midlife symptoms:

- Overwhelming Fatigue
- Muscle Weakness
- Muscle and Joint Pain
- Sleep Disorders and Cold Intolerance
- Difficulty Swallowing and Breathing
- Heightened Sensitivity to Anesthesia

(over)

Department of Health and Senior Services

P. O. Box 360, Trenton, NJ 08625-0360

Phone: (609) 292-7837

Toll-free in NJ: 1-800-367-6543

[Our Locations](#)





The Moffat Cognitive Neuroscience of Aging Laboratory at the Georgia Institute of Technology has invited APPA members to participate in a research project. Their research team is currently investigating memory changes that occur during the aging process, and they are recruiting older adults (over the age of 65 years old) for research aimed at understanding age-related changes and how they affect cognition. There are no costs to anyone who participates in the study and each participant will be compensated for his or her time.

Study Overview:

This study has two parts, and both appointments are scheduled within one week of each other. The first part will last approximately three hours (Compensation= \$40). It requires traveling to the Grady Health System in Atlanta, GA for a standard test called a "glucose tolerance test" which screens for pre-diabetes and diabetes.

The second part is scheduled on a separate day and will last around five hours (Compensation= \$60). It requires traveling to the Center for Advanced Brain Imaging on Georgia Tech's campus. This appointment consists of some learning, memory, and thinking tests as well as a one-hour MRI brain scan. There are no known risks to MRI.

The Moffat Lab is reaching out to APPA in hopes of assistance with connecting with senior adults who may be interested in this research opportunity. APPA can help the researchers find potential mechanisms related to memory decline in older adulthood by participating in the 'Glucose Metabolism, Cognition, and Brain Study'.

Eligible participants will:

1) have their blood collected to assess metabolic function (a 2-hour oral glucose

tolerance test will be a part of this assessment),
2) take a series of memory, learning, and thinking tests, and
3) have a magnetic resonance imaging (MRI) scan to assess brain structure and function.

We are looking for volunteers who:

1. are 65 years of age or older.
2. have not been diagnosed with Type 1 or 2 diabetes.
3. have not been diagnosed with dementia.
4. are in good physical health. (mobility limitations accepted)
5. do not have any metal implants (e.g., cardiac pacemaker) or metallic objects (e.g., bullets or shrapnel) in their body.

You will be reimbursed for your participation. If you are interested in learning more about the study, please call the Moffat Laboratory at 404-385-0523 or email us at:

moffatneurolab@gmail.com

The Moffat Lab and Georgia Tech greatly appreciate any contribution that APPA may offer towards their research efforts.

Editors note:

I'm pretty sure that if you have aneurysm clips you cannot have an MRI. Be sure to mention this if you do have them.



Thoughts

by Myrna K. Whittington

A Potpourri of Life

A few weeks ago, an old high school classmate and his wife came to visit. When they called I was both excited and horrified! What does one do? After all it has been 54 years!!! I kind of raced around in circles; do I wear my brown cap wig, or my gray wig? After a second thought, I realized we were all the same age, go with the gray.

Don and I went steady for a few years, then he moved on to Notre Dame. We corresponded for a while (on toilet paper, no less), what a hoot! When they came and as I met them at the front door, I was standing. I saw a look pass over Don's face, uh-oh, now what? They expected to see a wheelchair and a really disabled person, due to another visit a few years ago with Jerry, a mutual friend. Jerry must have told Don I was really bad.

We spent most of the visit, seeing my equipment and explaining Post-Polio Syndrome (PPS), and the fact that even though I can stand and walk in the house, the ol' body is very weak. How PPS affects many in different ways. And here is Don also with a disability affecting his legs!!! I so want to say to (even my family, sometimes) please look up Post-Polio Syndrome online folks! Phew, what a visit!

Should have worn the brown wig, at least I feel younger that way!!

Myrna Whittington

Editors note:

After many APPA NEWS issues with a "Thoughts" column from Myrna Whittington it is my sad duty to report that health issues prevent her from continuing. I have always enjoyed her unique style of writing which is why I resurrected her column years ago and convinced her to start writing for us again.

I've included the first article she wrote for us for ol' times sake.

Thanks Myrna for the many hours of work you put into "Thoughts" for us.

We will miss you here at APPA NEWS.

Polio Eradication Update

By Joe Drogan

With all that's going on in the world lately I was disturbed to hear a radio report about a new polio outbreak in the northern state of Borno in Nigeria. The first reported cases since July 2014. Nigeria had been declared polio free a couple of years ago. This is an unfortunate setback. I'm glad I did a little research on this to write this update. The news isn't as bad as it sounded at first. To begin with, it was only two cases, not a huge outbreak. Steps were immediately taken to prevent more cases. These included a large scale immunization program including neighboring countries and stepping up surveillance designed to catch the virus early. I imagine that's one good part of having previously set up immunizations in a given country. It would be easier to re-activate the process than start from scratch, thereby making the response much quicker. Another thing I found interesting. They said that the genetic sequencing of the virus suggests the virus is closely linked to a wild virus strain found in Borno back in 2011. I found this interesting for a couple of reasons. It indicates that the genetic sequencing work being done is progressing well. We can now distinguish between the various strains of the wild polio virus. In this case the outbreak is from a strain already found in Nigeria not a new one from somewhere outside the country. It seems the cases highlight the need to bring immunization to the harder to reach areas of Nigeria. I'm sure that is easier said than done.

The people involved in the immunization project deserve a lot of credit. Just a few years ago, in 2012, more than half the cases of polio worldwide occurred in Nigeria. It is heartening when you see how people can come together for a common cause. Tens of thousands of healthcare workers, the government of Nigeria, civil society and religious leaders all come together to accomplish what seemed impossible a few years ago.

On the global stage, we are ahead of last year in reported cases. 21 as opposed to 34 at the same time in 2015. The only other countries reporting polio cases are still Afghanistan, and Pakistan.

Products to Help with Life

One of our members, Annette Harris, sent me a link to a website that has all sorts of products to make life easier. <https://www.maxiaids.com/>

I was amazed at the number of products they offer to assist blind, deaf, seniors and handicapped folks. It's one of those sites that have you browsing around forever not getting things done you need to get done like writing this article!

Here are just a few of the huge number of things they offer to make your life a little easier.



6-in-1 Multi Opener



6-in-1 Multi Opener



Ring Pull Can Opener



Bagel Holder



Helper Cutting Board



Digital Measuring Tape



Rolling Ruler



Universal Holder



Quad Cane Seat



Cane Standup Grip



Safety Cane Base



Crutch Bag



Big Keys Keyboard—1 inch Keys



Hands Free
Crutch



Knee
Walker



2 Passenger
Scooter



Jazzy Elevated



Walker Bag



Walker Basket



Walker Tray



Walker/Roller
Headlight



Cup Holder



Bowling Ball Pusher



Bed & Wheelchair
Table



Ramps



Laptop Wheelchair
Desk



Leg Lift




Wheelchair Blanket



Wheelchair Poncho

Division of Aging Services - State of Georgia

This site looks like it contains a lot of resources for the aged and handicapped. For now, just take a look and see what's available. In the future maybe we will have a more in-depth article on it. Here is a link to the site: [aging.dhs.georgia](http://aging.dhs.georgia.gov)



Division of Aging Services

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Programs and Services

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[► Forensic Special Initiatives Unit \(FSIU\)](#)

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[Grandparents Raising Grandchildren](#)

[► Home & Community Based Services Program](#)

[Long-Term Care Ombudsman Program](#)

[Mental Health Resources](#)

[► Senior Community Service Employment Program \(SCSEP\)](#)

[Yellow Dot Program](#)

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Programs and Services

The Division of Aging Services (DAS) coordinates with other aging organizations to provide services to appropriately sustain older Georgians in their homes and communities. These services also provide support to family members and caregivers.

The Division of Aging Services (DAS) administers these programs through the Area Agencies on Aging (AAAs). Contact your [local AAA](#) for more information and to find if the service is available in your region.

Help at Home

- [Click here for Medicaid Funded Services \(CCSP\)](#)
- [Click here for Non-Medicaid Funded Services \(HCBS\)](#)
- Care Coordination
- Consumer Direction
- Chore Services
- Emergency Response System
- Friendly Visiting
- Home Health (Home-Delivered Services)
- Homemaker Services
- Personal Care Assistance / Personal Support Services
- Respite Care / Out-of-Home Respite Care
- Skilled Nursing Services
- Telephone Reassurance

Nutrition & Wellness

- [Click here](#) for general Nutrition & Wellness information.
- Congregate (group) Meals at Senior Centers
- Counseling
- Health Promotion and Disease Prevention
- Home-Delivered Meals
- Nutrition and Wellness Education
- Physical Fitness Classes
- Senior Recreation

Caregiver Programs

- [Click here](#) for general caregiver information.
- Adult Day Program / Adult Day Health
- Caregiver Education and Support
- [Kinship Care](#) (Grandparents & Other Relatives Raising Children)
- [Mobile Day Care](#)
- Respite / Out-of-Home Respite Care

Stay Connected

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Protecting Rights and Safety

- [Long-Term Care Ombudsman](#)
- [Elder Rights and Advocacy](#)
- [Legal Assistance and Information](#)
- [Adult Protective Services](#)
- [Elder Abuse Prevention](#)
- Forensic Review and Community Education

Medicare and Insurance Answers

- Medicare Counseling ([GeorgiaCares SHIP](#))
- Medicare Error, Fraud, and Abuse ([GeorgiaCares SMP](#))
- Long-Term Care Insurance Counseling (See [GeorgiaCares SHIP](#).)

Other Services

- [Aging & Disability Resource Connection](#)
- [Alternative Living Services](#) (personal care or group homes)
- [Employment for Seniors](#)
- [Home Modification and Repair](#)
- [Mental Health Counseling](#)

List of Programs

Adult Protective Services

Provides a mechanism to report abuse, neglect or exploitation of disabled adults or elder persons who are not residents of nursing homes or personal care homes.

Aging and Disability Resource Connection

The Aging & Disability Resource Connection (ADRC) streamlines access to long-term care by serving as a one-stop-shop for consumers' aging and disability-related information, counseling, referral, and planning needs.

Caregiving

Provides programs which include adult day care, respite and other support services to assist individuals in the care of their loved ones.

Community Care Services Program

Provides home and community-based Medicaid services to nursing home-eligible consumers to help them remain in their homes.

Elder Rights & Advocacy Programs

Programs include legal services, elder abuse prevention programs and health insurance counseling.

GeorgiaCares

Georgia Cares, Georgia's State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP), helps consumers understand Medicare issues and products, select Medicare prescription plans, file Medicare fraud reports, and analyze long-term care insurance policies.

Home & Community Based Services Program

Provides 47 individual and group services to help older Georgians remain in their homes; for non-Medicaid-eligible Georgians.

Long-Term Care Ombudsman Program

Improves the quality of life of residents in nursing and personal care homes by acting as an independent advocate.

Senior Community Service Employee Program

Senior Community Service Employment Program provides part-time community service work & training for Georgia's unemployed low-income seniors age 55 & older & helps them obtain paid employment

Miscellany

People often wonder what APPA members do with their “free time” well.....



CFA Cow Appreciation Day 7-12-16

Vicki Crowell and ?????

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.

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.

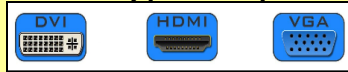
Tech Bits & Bytes

By Joe Drogan

If you have never used a computer with multiple monitors you don't know what you are missing. You see them all the time on the business shows when they show shots of stock market analysts and traders. You also see them in PC gamer setups. I saw one recently where a guy had three curved monitors, arranged in a semi-circle, a racing steering wheel, gear shifter, pedals on the floor, and a seat that vibrated when the car in the game went over a bump in the track. Seemed to me it'd be cheaper and easier to just build a race car, but I digress. Nothing beats multiple monitors for your general productivity. You can have your email opened on one while you update a spreadsheet on the other. Now that being said, you can get carried away with all of this. Take a look at the APPA NEWS Editor's desk.



But for the average user two or even three monitors are great. OK, that's great but how complicated is it to hook up a second monitor? Pretty easy actually. They sell really cool USB adapters that you just plug in to a USB port. They come in various types depending upon your monitor or TV connector, DVI, HDMI or VGA.



I have a friend that calls the HDMI a "Hemi" like the legendary Chrysler engine. That's how he remembers it, he gets funny looks when he goes into a computer store and asks for a "Hemi" cable. Me? I just act like I'm not with him.

This is what they look like. You, obviously, need a cable to connect it to your monitor/TV. Some of them come with adapters to change the connector to DVI, HDMI, or VGA.



Quick quiz...who can tell which type the Plugable adapter pictured is? You will need to go into the Display Settings on the computer to set up how you want to view your new display. In Windows 7, go to Control Panel/All Control Panel Items/Display/Screen Resolution. You will see your two displays #1 is your original and #2 the new one. You can drag them around to look like your setup, which one is on the left etc. Under Multiple Displays you can choose Duplicate or Extend. Duplicate makes them both the same, good when using the second one in a presentation. Extend makes them both together like one big display, where you move the

Continued on next page

mouse across one to the edge then it continues onto the other display, as does your screen content, so you can have a really wide spreadsheet extending across multiple monitors. Ever lose sight of your mouse pointer? Try keeping up with it when you have 24 monitors! You can also change your orientation to portrait, where you'd stand your monitor on its edge. Good for where you use long vertical spreadsheets.

A few things to consider:

How big is your computer desk? Will multiple monitors fit?

They sell monitor stands that hold several monitors.

Do you have at least one free USB port?

These adapters use varying technologies. Among them are Plugable—DisplayLink technology and MCT—Magic Control Technology which are not compatible with each other. This means you cannot install them together on the same PC. I have used both and they seem to be the same as far as how well they operate. I will say I had a very good experience with the Plugable folks. That kind of excellent support is getting rarer and rarer these days.

These adapters aren't powered by your video card, they run off of your CPU. Just so you know, your PC's video card has its own CPU on it that usually processes your video. It does that to free up your main CPU to actually run your PC applications. I wouldn't recommend you try and run 5 monitors off of a 10 year old PC. I am however running two off of a really old one with a pretty minimal CPU.

For the visually impaired the multi monitor setup is great. You could have two 32 inch monitors side by side so you could have one email open on one at full screen and the reply you are writing on the other also full screen.

I have an article in the works all about accessibility for those with special requirements so they can keep using computers. Stay tuned!

Printer Update

As you may remember from last time I'm running a new "toner" printer for my black only printing. It just now emptied the starter toner cartridge that came with it. I got paranoid because it wouldn't print the usage report I wanted to evaluate the cartridge life with it empty. I am happy to report it was smart enough to remember the results after I swapped in the new cartridge and I could print the report. It printed 460 pages at .65% coverage, paper jams 0. The full cartridge I just installed should print twice as many, but we shall see.

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



JOIN APPA

APPA, P. O. Box 245 Cumming, GA 30028

Make checks payable to: **APPA**



www.atlantapostpolio.com

<input type="checkbox"/> Individual	\$25	<input type="checkbox"/> Gold	\$100
<input type="checkbox"/> Family	\$45	<input type="checkbox"/> Platinum	\$150
<input type="checkbox"/> Bronze	\$50	<input type="checkbox"/> Corporate	\$250
<input type="checkbox"/> Silver	\$75	<input type="checkbox"/> Lifetime	\$500
Additional Contribution		\$_____	

Please **CHECK** all that apply.

- ☐ I am a new member. ☐ I am renewing my membership.
☐ Please update my contact information as shown below.
☐ I am unable to contribute at this time but would like to receive the **APPA NEWS**.
☐ I would like to help APPA with expenses and receive the **APPA NEWS** in email form only.

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) nonprofit corporation. All contributions are tax deductible.

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

- ☐ Membership outreach (phone calls to shut-ins) ☐ Newsletter (write articles, proofread)
☐ Public Relations ☐ Fundraising ☐ Programs ☐ ~~Database~~ assistance
☐ **APPA** phone tree help ☐ Assist with answering **APPA** phone line ☐ Assist with social events

Name(s) _____

DATE ____ / ____ / ____

Address _____

City State Zip _____

Telephone _____

Email Address _____

APPA 2016 CALENDAR

September 10	New Website Member Review
October 1	Audrey Johnson With the Atlanta Regional Commission "Personal Health Records"
November 5	TBA
December 3	Christmas Party



Atlanta Post-Polio Association, Inc.
APPA
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Cumming, Georgia 30028
(404) 350-7631

FREE MATTER FOR
THE BLIND OR
HANDICAPPED

Look for us.....we're on the web.
www.atlantapostpolio.com

APPA NEWS

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

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